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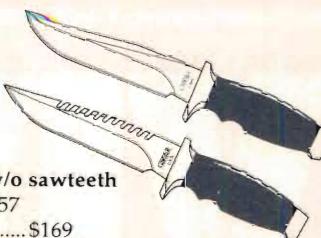
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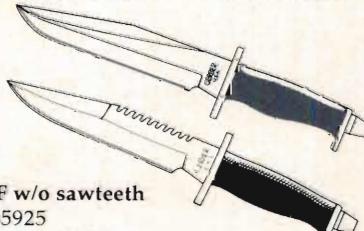
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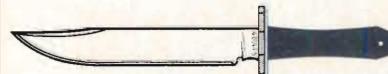
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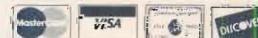
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The Magazine of Self Reliance

OCTOBER 1991 VOLUME 13 NUMBER 10

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Colt's Sporter Match Delta HBAR .223 rifle is capable of super accuracy. See page 24. The Delta HBAR rests on U.S. Cavalry's new Gore-Tex desert camo suit. See page 78 (photo by Scott Stoddard).

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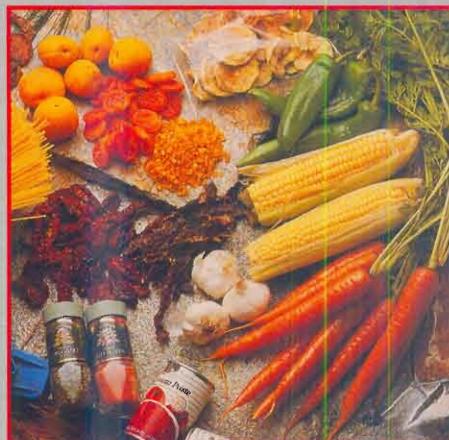
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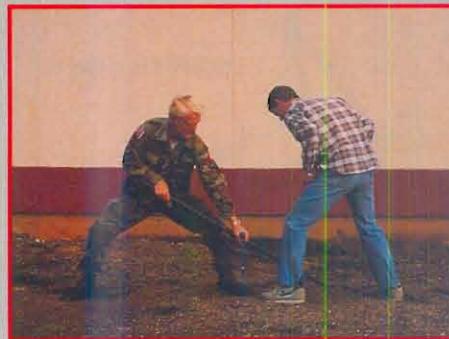
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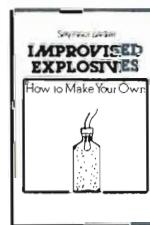
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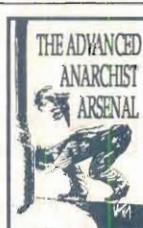
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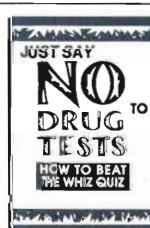
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WHY would anyone want to own an assault weapon?"

"What in the world do you need an assault weapon for?"

Many of us have heard these pointed questions, or similar ones, the faces of those asking them contorted in expressions of hate, bewilderment or fear.

These people usually come across as rather self-righteous and hostile, even suspicious of anyone like you or me who defends the ownership of, say, the AR-15 or semiautomatic AK-47, or whatever. Little do the question askers think, if at all, about the societal forces which have shaped their — to us — bizarre opinions about gun ownership. On the contrary, it is they who regard us as bizarre, aberrant, criminal.

They have been so completely conditioned — brainwashed — by anti-firearm-ownership elements in our society — the media, academia, their own families and friends, government — that they never stop to question their own thoughts and beliefs about gun ownership. They just react, in knee-jerk fashion.

Whenever I'm confronted by this phenomena nowadays, I'm struck by the power of it. It's a perfect example of how you can get people to think or act any way you want if you control the forces that condition them. They react like robots, unthinking, unquestioning; merely obedient to the powerful values and attitudes by which they are so completely controlled.

There are some people, of course, who can break away from the mold and open their minds, listen, *think* about what the gun owner and gun enthusiast has to say.

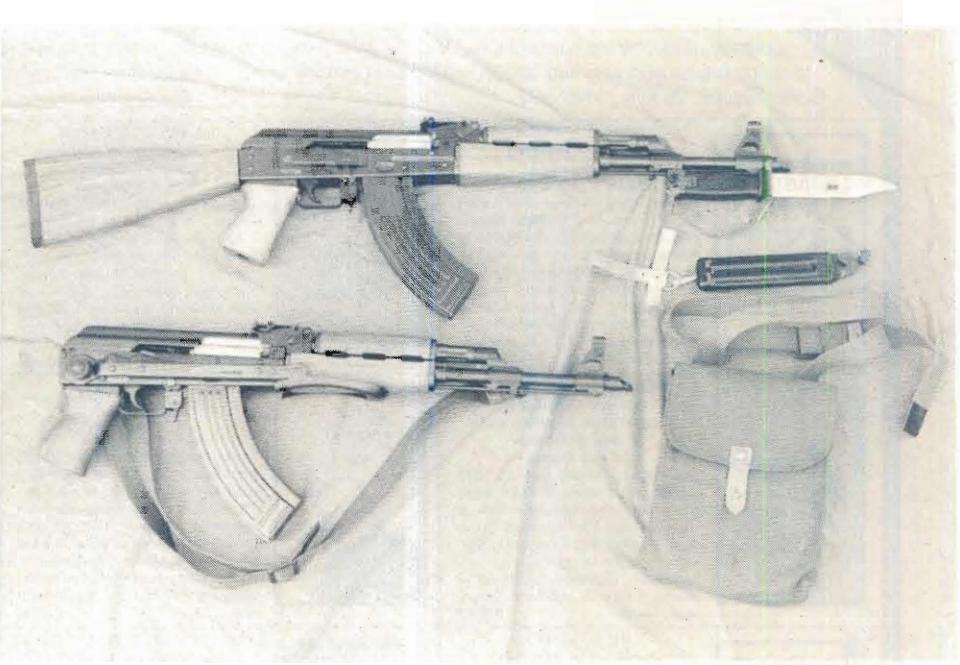
We have one hell of a task on our hands to turn this tide of anti-firearm-ownership public opinion around. In this effort I've called for fighting fire with fire, so to speak: waging a pro-gun-ownership propaganda war against our leftist-dominated media, academia and government to undermine public confidence in them; I've called for economic boycotts of the media and political involvement/campaigns to unseat anti-gun government officials. I believe in these ideas and I promote them whenever I can.

But we can also wage our war for freedom on another front, with those not so closed-minded who will listen to our side of the argument; by *reasoning* with those who will listen.

In our August issue this year, Marc Brutschy's article, "The Power of Fear" discusses how the anti-gunners manipulate people to follow them by instill-

TO THE POINT

Why in the world do you need to own an assault weapon? . . .



ing fear of firearms and, particularly lately, "assault weapons," in other words, high powered, large-capacity firearms. A classic example of this was the former California Attorney General John Van de Kamp's hysterical presentation made before state legislators considering, and eventually passing, the infamous *Roberti-Roos Assault Weapons Control Act of 1989*. Holding a semiautomatic AK-47 above his head in the Legislature, Van de Kamp stated that no one needs such a weapon "to hunt a duck!" No One would be safe if such a weapon were used around a home, etc., Van de Kamp maintained.

In this sense, no one would be safe if a .22 pistol or a .357 Magnum revolver were being indiscriminately fired around a home or business either. But Van de Kamp was planting the idea that the AK he held above his head was so powerful and devastating a gun that its use was totally unsafe under any circumstances by civilians. Utter nonsense, but his propaganda was powerful and the anti-gun forces controlling the California Legislature would not allow adequate rebuttal or reasoning on the matter. They had to

instill fear to garner the votes needed to ban these weapons. And they were successful.

As all of us who are strongly pro-gun well know, Over 99 percent of "assault weapon" owners — and there are millions of Americans who own these guns — just like over 99 percent of other gun owners, use these firearms peacefully, responsibly and safely for recreational shooting, target practice, hunting, etc. Are there actually situations where people might truly *need* an assault weapon? Or, for that matter, any high powered, large capacity firearm?

Absolutely.

Let's consider a few such distinctly possible situations.

A doctor I once took a self-defense handgun course with told the class he was always anti-gun until early one morning while driving through a Los Angeles area community to see a sick patient in his sports car he was run off the road by a gang of thugs in a large station wagon. They forced his car completely off the road, then stopped their vehicle and all of them leapt out and rushed toward him bran-

(Continued on page 46)



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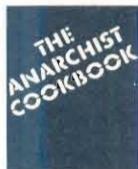
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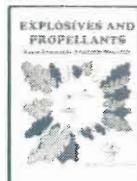


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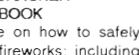


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SURVIVAL LINE

'Doomsday Rock' bound to hit earth?, radon gas danger to U.S. homes not as great as previously thought, study says...

TWO-HUNDRED scientists recently gathered together to plan how to locate and divert or destroy what has come to be called the "doomsday rock." The doomsday rock is a yet to be discovered asteroid on a collision course with earth. "Statistically, it's certain... The earth is bound to be hit," says Dr. Clark Chapman an astronomer at the Planetary Science Institute in Tucson, Arizona.

The gathering was the first International Conference on Near-Earth Asteroids. It was held in order to assess efforts currently underway to locate asteroids whose orbits bring them across the orbit of the earth. So far scientists have mapped the orbits of 184 of these earth-crossing asteroids. New ones are being found at the rate of about two per month.

Researchers estimate that the 184 known earth-crossing asteroids represent only about 10 percent of the total of such asteroids and that of the total about 500 have a diameter of a mile or more. Such an asteroid, moving through space at about 16 miles per second could strike the earth with a force equal to 300,000 or 400,000 Hiroshima-sized nuclear weapons.

Scientists at the conference urged a greater government commitment to identify and track potentially dangerous asteroids. "By launching a search program of relatively modest cost, millions of dollars, not billions, we could discover 95 percent of the large earth-crossing asteroids in the next decade," said Dr. Chapman. There are currently three teams in the U.S. searching for earth-crossing asteroids. Congress is waiting for the results of a series of studies on the subject which it authorized last year.

Radon Risk Overstated? — A new study recently presented to a meeting

sponsored by the American Cancer Society suggests that Americans may be exposed to only about a third as much radon in their homes as radon detector kits indicate, and that many homeowners probably do not have to install the expensive venting systems used to remove the gas.

The study was conducted by Dr. Naomi Harley, a radiological expert at the New York University Medical Center. It is the first study to measure actual individual exposure to radon, rather than radon levels in home basements. The Environmental Protection Administration, EPA, has relied on basement radon levels for its estimate that 20 percent of all U.S. homes require radon venting systems.

Participants in the study wore specially designed personal radon monitors for the three week long testing period. In addition standard radon monitors, the kind found in home radon test kits, were placed in rooms throughout the participant's homes.

The study showed that radon levels in basements were from three to five times greater than actual individual exposure levels. It also showed that the most accurate radon level readings were obtained from the standard detectors located in first floor living or family rooms. Even those levels however were about 30 percent higher than the actual exposure levels indicated by the individual personal monitors.

Based on the results of the study, Dr. Harley thinks that only about 7 percent of U.S. homes may need radon venting systems rather than the 20 percent estimated by the EPA. Since personal radon exposure detectors are not commercially available, Dr. Harley suggests placing standard kit monitors in the living room rather than the basement and estimating personal exposure at 70 percent of the levels indicated by those monitors. •

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Model B \$29.95

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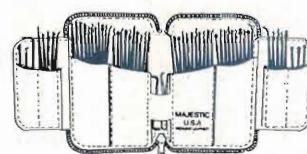
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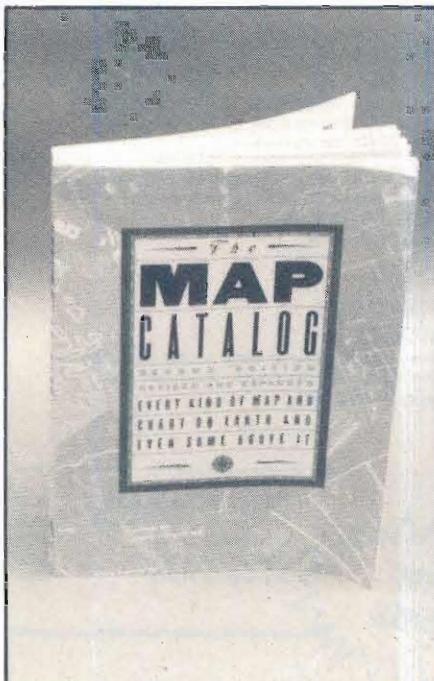
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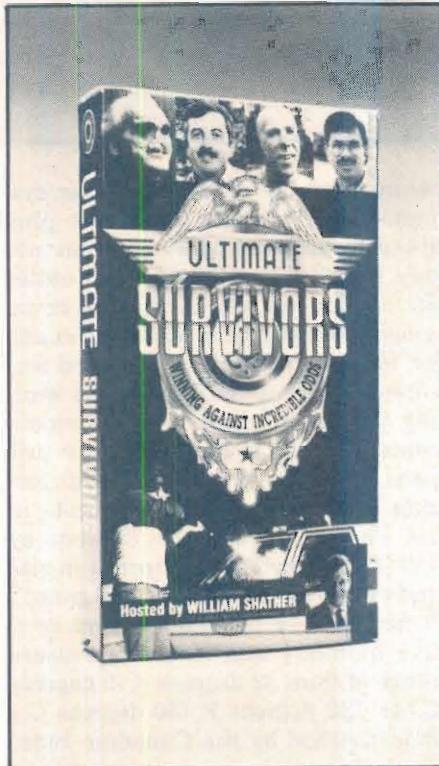
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BOOKS/VIDEOS



Ancient Lethal Weapons, Their History, Use and Construction. The Primitive Group, Inc., Dept. ASG, P.O. Box 197, Shrewsbury, PA 17361. Softcover, 48 pages. \$19.95 plus \$2.05 shipping.

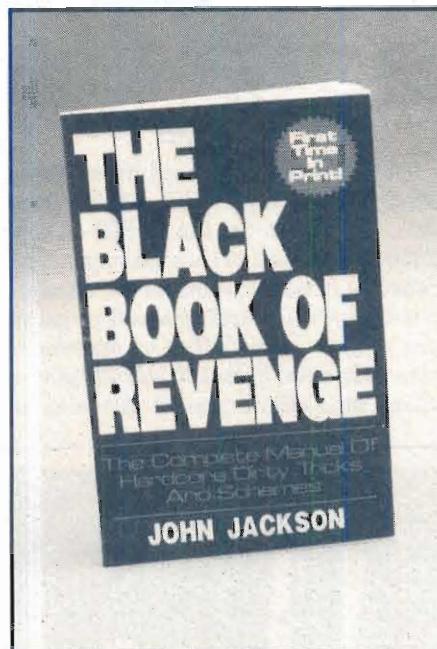
The author states, "Why bother with ancient lethal weapons when witnessing the effectiveness of modern arms? The Gulf War showed the world the destructive performance of Stealth bombers and fighters, state of the art tanks and artillery, self-guiding bombs and missiles. We are also familiar with the deadly power and accuracy of modern firearms. With all of the above why go back in search of old weapons? The answer is that a time will come when lacking the supporting crutches of technology, we will need to stand on our own two feet again. This can only be accomplished by our ability to manufacture quickly and easily weapons ensuring survival." Learn about making bows, arrows, the arbalest (crossbow), spears and javelins, axes, the mace, quarterstaff, sling, swords, daggers, knives, the bola and more. The Roman ballista used twisting ropes to create tension on a wooden beam. In the cupped arm were placed heavy rocks that were shot forward when the wooden beam was released. Ballistas and catapults were used to crush ships and destroy heavy fortifications. The author has made available plans for making catapults and siege engines. Write to the same address mentioned above. Include \$9.95 plus \$1.05 shipping.



Ultimate Survivors, a video from Caliber Press Inc., 666 Dundee Road, Suite 1607, Dept. ASG, Northbrook, IL 60062-2727; (800) 323-0037 or (708) 498-5680. 85 minutes, color, hi-fi sound. \$59.95 plus \$4 shipping.

This incredible video details the survival stories of four law enforcement personnel and how they have coped with the horror, terror and devastation following the explosively violent encounters they each experienced. Imagine being shot in the face with a solid lead shotgun slug and not dying! Could you cope with permanent blindness and disfigurement for the rest of your life? Officer Kenyon Tut-hill's life is an example of superhuman courage and faith. What seemed like an end only became a new beginning for him... A crash on a high-speed chase trapped Mike Buckingham inside a flaming patrol car. He received second and third degree burns over 50 percent of his body. Although the "fires of hell" destroyed his flesh — his spirit didn't die. Today he's saving other lives. The last story in the video details the "terminator" account of a burglary suspect that wouldn't die. During a ten minute hand to hand battle between Officer Steve Chaney and the suspect, Officer Chaney's partner was disarmed and killed. The suspect was shot multiple times in the chest but kept coming back for more. He was even shot in the head and while the officer reloaded his revolver, he came

back with a tire iron and began beating the officer. After finally killing the suspect Officer Chaney began to doubt his worth as a cop — until he faced another deadly challenge. This fast-paced program is hosted by William Shatner and teaches us that "the survival skills these men developed are learnable. Once you understand how they work to keep you moving toward positive results, anyone can use them to successfully overcome the crises we're all bound to encounter in our own personal and professional lives."



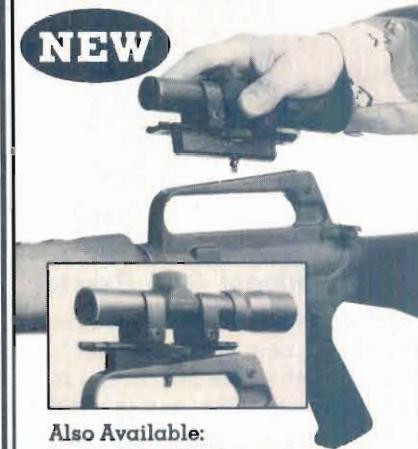
The Black Book of Revenge, The Complete Manual of Hardcore Dirty Tricks and Schemes, by John Jackson. J. Flores Publications, P.O. Box 163001, Dept. ASG, Miami, FL 33116-3001; (305) 559-4652. Softcover, 112 pages. \$12 plus \$3 shipping.

Learn how the underdog gets justice and how to get even with anyone who would make your life miserable. *The Black Book of Revenge* graphically illustrates methods actually used by people who've had all they can take and turn to their own resources for justice. Here you'll find some of the most devastating retribution techniques ever conceived: how to obtain information on your targets, the "art" of blackmail and its uses, what special tools are needed; including many illustrations of homemade devices as well as instructions on how they are used. Chapters include: Three Approaches, Tools and Toys, Blackmail Theory, Information Procurement and Analysis, and others. Offered for information & entertainment purposes only. ●

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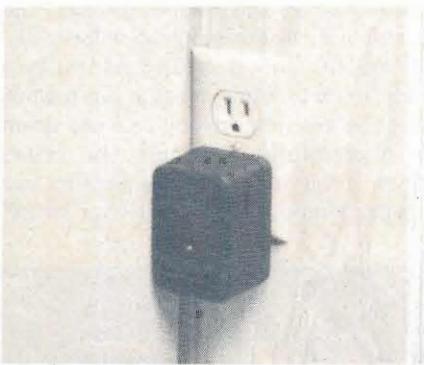
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Conventional Grip Exactor

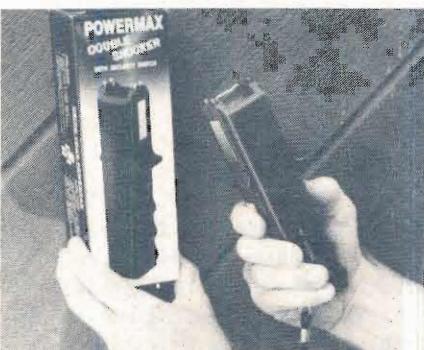
Ram-Line's Exactor Pistol line now features a new "conventional" grip shape model which sports the feel of the classic .45. The grip is solid impact resistant polymer in a traditional "metallic blue/gray" color and is finished with crisp checkering and clean backstrap ridges so it will stay firmly in the hand. Designed as a premium plinker, 15-round Exactor uses advanced aerospace polymers and weighs only 20 ounces. Accessories include an adjustable rear sight with your choice of interchangeable blades and 20-round magazines. The new conventional grip Exactor model handles just like the big caliber. It's the Model RPC2225 and retails for \$199.97. Contact your dealer for more information or call 1-800-648-9624.



Gasguard

The Newtec Gasguard from Sims Marketing (Dept. ASG, 23 N. Gore Ave., Suite 002, St. Louis, MO 63119-2300; 800-548-2117) is an inexpensive, convenient way to monitor for dangerous levels of natural gas and propane gas in your home, office or anywhere else where you have 120 volt AC power (Sims also offers similar gas alarms

which work off of 12 volt power systems for RVs, boats, etc.). Just plug this compact little monitoring unit into any AC (60 Hz @ 30mA) wall outlet for continuous monitoring—24 hours a day, 365 days a year. Made in Canada by Newtec Industries, Gasguard features a flashing red light and a wailing 85 decibel alarm when it senses concentrations of natural gas or propane gas at as little as 10 to 15 percent of the lower explosive limits in air. The unit is only 2 $\frac{1}{8}$ (5.3 cm) by 1 $\frac{7}{8}$ (4.2 cm) by 3 (8 cm) inches in size and weighs only 6.5 ounces (186 grams). It functions in up to 95 percent relative humidity and in a temperature range of from 32 degrees F. (0 degrees C.) to 122 degrees F. (50 degrees C.). It is certified by the Canadian Standards Association and carries a one-year warranty. The price is only \$39.95 plus \$3 S&H from Sims Marketing. Credit card orders welcome.



Power Max Double Shocker

The Power Max Double Shocker stun gun with security switch provides a whopping 150,000 volts of electric shock at .6 amp—all from one 9 volt

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Military Survival Knives

SI has some great prices on military-issue survival and combat knives. The first one is often referred to as the Air Force Survival Knife. It's made to

government specifications and has a 5" black parkerized carbon steel blade with blood groove and sawtooth top edge. Leather sheath features a pocket with sharpening stone and laces for attaching the knife to a pole for a spear. Genuine leather handle and heavy bolt handle top for hammering and pounding. Overall length is 10". Made by Camillus. The edge is fairly sharp already and you have the stone if you want a true razor edge. Only \$15.95 each plus \$1.95 S&H. Three knives for \$48.50 postpaid lower 48 states. The second knife, also made by

Camillus, is the U.S. Marine Corps Combat Knife and current issue. This 12" knife has a 7" black phosphorous coated blade with blood groove. The stained dark brown leather handle and leather reinforced sheath make this an excellent all around knife. The edge on the knife pictured was not very sharp but can be easily improved. Price is only \$17.50 plus \$1.50 S&H or three knives for \$50 postpaid lower 48 states. Order from SI, Dept. ASG, P.O. Box 3796, Gardena, CA 90247; (213) 324-8855 or 8859; toll free outside Calif., (800) 533-7415. Hours M-Th 9 a.m. to 5 p.m.



Nightstick/Tear Gas Spraystick

This unique German made and patented police stick is now available in the U.S. It comes in two sizes, 13 and 16 inches, and has a double function as a tear gas spraystick and a nightstick. Unexpected and reliable, it's able to shoot powerful "K.O." CS tear gas several feet out the front end of the nightstick by depressing a switch on the handle. Safety lock prevents accidental spraying until ready for use. The gas cartridge is inserted by unscrewing the handle top and discharges

through a small tube running through the stick to the front. Cartridge is good for three years and replacements are available. Tested and approved by the Federal Criminal Police Office (BKA) in Wiesbaden, Germany. Ideal for home, car, RV, boat, camping and running, etc., as well as for security work. Only \$29.95 plus \$3.50 S&H (GA residents add 5% sales tax). Order from Datawit, Inc. Dept. ASG, 2793A, Clairmont Rd., N.E., #297, Atlanta, GA 30329. For information & literature call (404) 315-6334; credit card orders call toll free (800) 443-5498.



Field Medical Pack

The Field Medical Pack goes far beyond any first aid kit. In everyday use by paramedics, police and even government intelligence agencies, this kit is lightweight and yet filled with those items necessary to save lives and handle most disasters. The carrying case is made of heavy duty Cordura nylon and opens up to display all contents for easy access. It's designed to

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Snaplights

If you like Cyalume lightsticks, you'll love the new Snaplights. These instant emergency light sources are weather-proof and require no maintenance, just like the popular Cyalume lightsticks, and are operated in the same way: by bending and shaking them. And Snaplights are also safe and non-toxic to use. We understand the military is buying Snaplights. They are hexagonally shaped so they won't roll easily and have a convenient hook for hanging. They have a 4-year shelf life. They provide cool, efficient light whenever needed and are excellent for power failures, camping, earthquakes (no electricity to ignite leaking gas), backpacking and outdoor recreation, as emergency light sources for boats, cars, campers, etc. NITRO-PAK Preparedness Center (Dept. ASG, 13243 E. Rosecrans Ave., Santa Fe Springs, CA 90670; 213-802-0099; toll free outside Calif. 800-866-4876; 24-hour fax 213-802-2635) has three types of Snaplights available: 30-minute high intensity (recommended for cold weather applications especially) in red and yellow; 8-hour in blue and hot pink; and 12-hour in green, yellow, red and orange. A unit of 10 Snaplights mixed or matched is \$20.95 + \$3.95 S&H. Or \$2.39 each for 12-hour and \$2.79 each for the 8-hour and 30-minute high intensity sticks.

NEW PRODUCTS



Desert Dagger

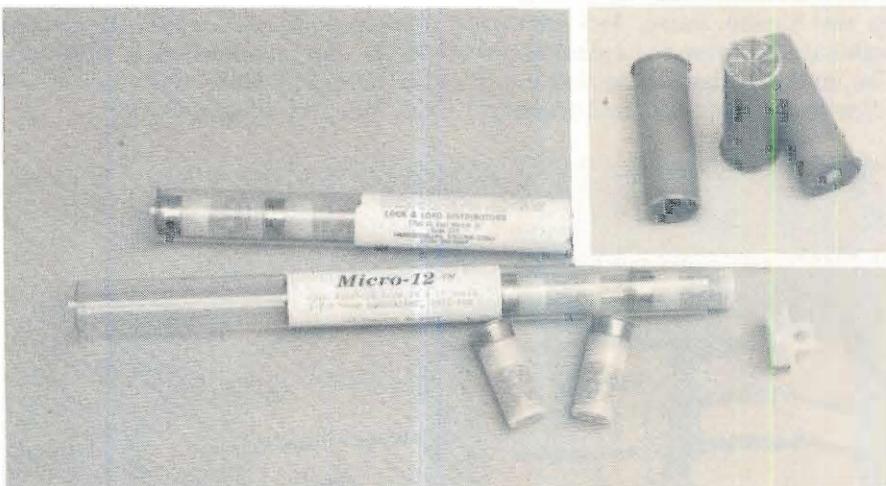
Inspired by Operation Desert Storm, the Desert Dagger is a true performer with its multi-edge capabilities and high-tech format. This diversified knife provides three different edges for optimum performance in cutting a variety of materials. With solid steel pommel, the knife can also be used as a field hammer. The precision soldered fits between blade and guard (a first in its class) enhances the overall strength and integrity of the knife. The Desert Dagger employs the famous SOG aggressive Kraton grips for ultimate command and control. A finely tailored tactical nylon sheath completes the package for a knife worthy of carry on any front in the world. The Desert Dagger is 12" overall in length with 6.5" long and .180" thick .440 stainless steel blade with an Rc hardness of 57-58. Weight is just 9 ounces. Suggested retail price is \$99.95. For more information see your knife dealer, or contact SOG Specialty Knives, Dept. ASG, P.O. Box 1024, Edmonds, WA 98020; (206) 771-6230; fax (206) 771-7689.



Cutlery Shoppe's 1991 Catalog

Cutlery Shoppe's new 64-page full color 1991 catalog is packed with a wide assortment of knives and sharpening equipment—knives for every purpose: military/law enforcement,

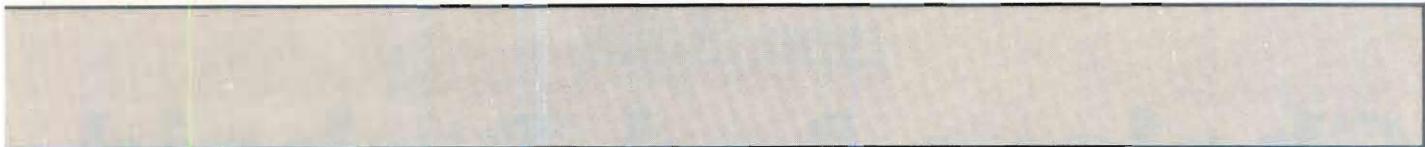
pocket knives, novelty knives such as necklace knives and mini switchblades which actually work and are high quality; knives for hunting, fishing, camping throwing and other outdoors uses; kitchen knives and collectors knives; along with saws and batons, scissors and other tools and devices for getting the job done, be it security work, self defense or a chore in your home or campsite. You'll find top name brand knives such as Gerber, Spyderco, Cold Steel, Ek Commando, SOG, Buck, Boker, Kershaw, Browning to name a few, as well as some exotic new knives you may not be familiar with like G. Sakai and Kiridashi. There's also clothing and books and videos on knives, knife and sword making, knife fighting and field evaluations, and even special sheaths. Send \$3 to Cutlery Shoppe, Dept. ASG, 5461 Kendall Street, Boise, ID 83706-1248; for information call 208-376-0430.



Micro-12, Shellcracker 12 Gauge Ammo

Lock & Load's Micro-12 12 gauge ammunition, available in #4 Buck and 00 Buck, gives you all the power of a full-sized 12 gauge load in a 2-inch shell, increasing magazine capacity by 20 percent or more. It travels at 1,275 feet per second at 3.5 dram equivalent. Holds excellent patterns and works fine in nearly all pump and semiauto shotguns. The ASG staff recently test fired these loads in a Beretta 1200FP semi-automatic shotgun. The magazine, which holds 6 2 3/4-inch shells, holds 8 Micro-12 shells. Patterns from 20 yards

were excellent. Either load is \$9.95 for a six-pack (call for shipping charges). The Shellcracker is American manufactured and used to scare off rodents, birds and other pests. They are the size of standard 2 3/4-inch 12 gauge shells but are very light weight. Fired straight up in the air, they will travel about 100 yards high, then explode with a loud bang in a puff of white smoke. Fired in a canyon, they are quite impressive. They sell for \$29.95 for a box of 25 (call for shipping charges). Available from Lock & Load Distributors, Dept. ASG, 1790-10 East Market St., Suite 224, Harrisonburg, VA 22801; (703) 289-6892.



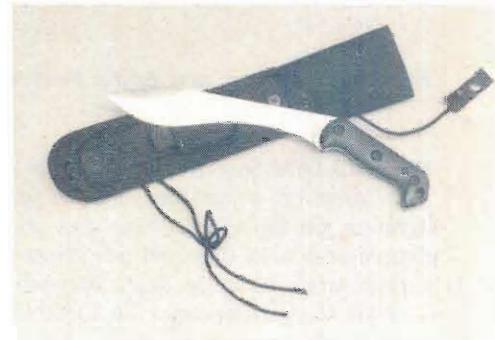
Vice II Holsters

The Vice II Holster rig made by Aker Leather feels like you're wearing a comfortable vest. The rig is made of 7-8-ounce top grain cowhide. The harness is contoured at the shoulder-neck area which puts the weight on the center of shoulders providing considerable comfort. The pistol or revolver is carried diagonally under the arm. The double magazine pouch and holster are pressure molded to fit individual guns the holster is designed for. This holster rig is available for the 1911A1 .45, S&W 4506 and 5900 and 6900 series, S&W 3913 and J, K and N frame revolvers, SIG 220, 226, 228, Beretta 92F, Ruger P-85, Walther PPK and P88 and other handguns. The Vice II Holster rig is \$79.95 plus S&H from Adventure Supply, Dept. ASG, 9855 H1 Prospect Ave, Santee, CA 92071; (619) 596-1963.



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Here's a handy, inexpensive, lightweight and compact cleaning rod for everyday and emergency use. Great for hunters, hikers, backpackers, law enforcement personnel or others who have use for a field expedient cleaning rod they can store in a small space. They are 36" long and fit bores in calibers .243 (6mm) and larger. Threaded 8-32. One end has a solid brass button threaded to fit popular cleaning attachments. The opposite end is plain to allow the fiber to be used as a pick to clear mud or snow clogs. Made from a single flexible fiber (.09" dia.). Stiff enough to clear most barrel clogs and yet not become brittle or break easily, even at temperatures down to -20 degrees F. Weighs less than a quarter. Easily fits in your shirt pocket. Price is \$2.95 each plus \$1 S&H for up to six units. Only 25 cents S&H each for quantities over six units. Order from High Country Enterprise, Dept. ASG, P.O. Box 746, 505 8th St., Saguache, CO 81149; (719) 655-2432.



Becker Warrior

The Warrior from Becker Knife & Tool is a slimmer, lighter, quicker version of BK&T's famous Machax. The blade has a unique upper grind which greatly enhances penetration in combat/survival scenarios. The thinner point also allows finer chores to be accomplished with a greater degree of ease. Its handy size makes it practical to carry in normal outings and equally desirable in hostile environments. An invaluable tool, the Warrior is universally useful for serious outdoorsmen and adventurers. Overall length is 14.5 inches. Blade is 9.5 inches. Blade material is 0170-6 high carbon chrome vanadium steel with a Rockwell hardness of 56. Blade thickness is .25 inch. Dura plate hard chrome finish for extreme corrosion resistance. Weight is 17.1 ounces. Comes with handsome, sturdy black leather sheath. Retail price is \$119.95. For more information contact your knife dealer or Blackjack Knives, Dept. ASG, 7210 Jordan Ave., #D-72, Canoga Park, CA 91303; 818-902-9853; fax 818-902-9767.



PLS 2 Lasersight & Mount

New laser technology allowing the smallest diode available makes the PLS 2 Lasersight the smallest in the Gryphon line. This sight is only 2 3/4" long and weighs only 2 1/2 ounces. It is powered by three common #625 camera batteries and operated by a remote pressure switch. Battery life is about four hours of continuous operation. The laser diode projects a beam up to 300 yards and at that distance shows up on a target as a 6" circle. The beam can be moved up to 8 feet (windage or elevation) at 100 yards. The PLS

2 is made of laser engraved 6061 T6 aluminum and includes a nylon bushing (not pictured here) for 1" diameter mounts and insulation from hot metal. The LPM-1 (Laser Pistol Mount) shown here is used to mount the PLS 2 and is installed in seconds with Allen keys supplied with it. It is for use with 1911A1 type pistols. The PLS 2 is \$199 and the LPM-1 is \$39.95. For more information or ordering contact Adventurer's Outpost, Dept. ASG, P.O. Box 70, Cottonwood, AZ 86326; toll free orders (800) 762-7471; information (602) 639-0072; fax (602) 634-8781. ●

Spawn Of Filth:

Cholera And Typhoid

By Bennett Viken and Robin Sutton

WILLIAM Sprout toiled as a keel-man on a coal barge, a tough rigorous job for a man who was the picture of health and had not missed a day's work in more than 20 years — until that Wednesday in October when he felt so sick he stayed home.

Thursday was worse, but Friday he took a turn for the better. Saturday afternoon, the sickness returned, wracking his body with cramps, shivering and diarrhea. His pulse slowed, extremities grew cold, lips turned blue, eyes sank and features shrank.

He spoke in whispers as violent seizures of purge from vomiting and diarrhea

rhea shuddered through him. Cramps knotted his calves. Exhaustion immobilized him. On Wednesday he was pronounced dead.

William Sprout died a century ago in London from a disease that has troubled us for as long as we have recorded our tribulations.

A 4th Century B.C. temple inscription in Gujarat, India, records the classic symptoms: "The lips blue, the face

The cycle of contamination and infection for cholera in Gulf water shellfish.



Diseases of the poor and primitive but which also occasionally affect the affluent...

haggard, the eyes hollow... the limbs contracted and crumpled as if by fire, those are the signs of the great illness which... comes down to slay the brave."

These classic symptoms still mark one of mankind's most devastating killers, cholera.

For centuries, virtually everyone displaying the major symptoms died. Early physicians feared the disease as they did few others and sought desperate remedies to halt the course of the killer. Unfortunately, their incomplete understanding of the illness suggested prescriptions that increased the patient's suffering without curing him.

Massive doses of purgative were routinely administered to flush the system, but these only aggravated the diarrhea and hastened death. Electric shock treatments were nothing more than a torment. The application of red hot irons to the body reduced the waning hours of life to a hellish ordeal.

For centuries cholera ravaged mankind, and medicine was unable to find a cure. In 1817 an epidemic swept through India, East Africa, Asia, Japan and the Philippines. Although the exact toll is unknown, losses were massive. From 1823 through 1826 cholera ravaged Russia, killing 2,140,558 out of a total population of 30 million.

There were also massive losses when yet another epidemic ravaged Europe, Asia and Russia in 1831-1832. Nor did the United States escape. Rhode Islanders drove New Yorkers fleeing the contagion in New York back across Long Island Sound with volleys of gunfire. In Ypsilanti, Michigan, local militia opened fire on a stage arriving from infected Detroit.

Cholera's cause was at last discovered in the mid 1800s by the English physician, John Snow. He had studied the patterns of outbreak and had long suspected the cause to be contaminated drinking water. He was able to test his theory when the tainted waters of the Broad Street Pump caused an epidemic

in London. Further study revealed that the ingestion of any contaminated food or water could lead to the disease. Cholera's cause is a curved, comma-shaped bacteria named *Vibrio cholerae*.

The disease is easily confused with other bacterial, diarrheal diseases such as *Shigella* (see "Dysentery — Bloody Flux," *American Survival Guide*, July, 1990) but it results from different sources and vectors and requires different treatments.

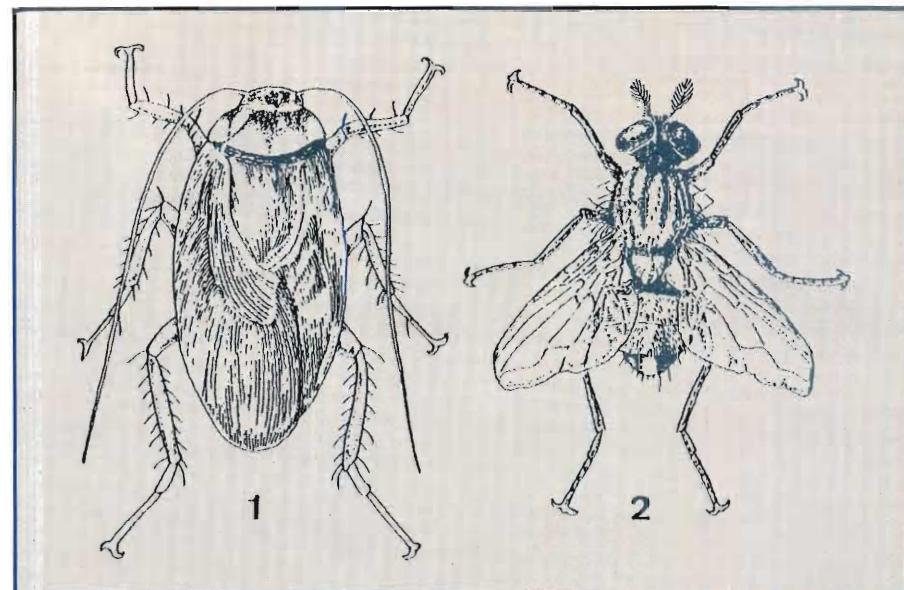
Cholera can be contracted only by oral ingestion of the bacteria. The bacteria is consumed along with the source breeding the bacteria such as impure water, unwashed or uncooked fruits and vegetables — particularly those grown using human excrement (euphemistically named "night earth") as fertilizer — and seafood.

Currently the World Health Organization (WHO) considers cholera a pandemic. Most reported cases have been in Africa. In 1989 16 African nations, led by Malawi and Angola, reported 35,606 cases. There were new outbreaks in Mozambique, Niger and Zambia. Asia reported a total of 12,785 cases in 1989, down from 20,872 cases in 11 countries in 1988. The People's Republic of China had by far the worst problem in its Xinjiang Autonomous Region. Japanese outbreaks were mostly food borne and rapidly controlled. Kuwait, Macao, Myanmar (India) and Nepal recorded new cases. Australia has suffered localized outbreaks. In Europe 11 cases were recorded in six countries, the worst involving a water borne epidemic in Yugoslavia.

Although WHO has not released current figures, the pandemic appears to be gathering strength. More than 200,000 Peruvians contracted cholera in the first four months of 1991, and Chile has also been hard hit. The disease is reaching epidemic proportions in Mexico, too.

U.S. Case — And closer to home, a New Yorker fell ill after a three day business trip. At first he blamed jet lag and stress, but when his condition degenerated the next day, he found he was almost too weak to drag himself to the emergency room.

His admitting physician grew more and more concerned as the man continued losing massive volumes of fluid. The next day the amazed physician told the New Yorker he had cholera. It was the doctor's first case, ever. Where, you ask, had the poor man conducted his business? Cuzco?, Santiago?, Perhaps Calcutta? No. He'd spent all



Both *Periplaneta americana* (1), the cockroach, and *Musca domestica* (2), the house fly, have been implicated in the spread of cholera and typhoid.

his time in New Orleans.

Shellfish from the Gulf of Mexico have become America's newest source of contagion. Oysters, crabs and clams have proved sympathetic hosts to cholera bacteria washed into the Gulf with sewage and other human wastes. When the shellfish are eaten raw the bacteria find a new host. Although the warmth of the Gulf's waters means that these shellfish are most likely to be contaminated, America's overworked sewage treatment facilities and proliferating septic systems will lead to increased dangers of contamination in all coastal waters. To avoid cholera, avoid raw oysters, clams and other shellfish. Be sure any seafood from waters known to be contaminated is cooked thoroughly — or better still, avoid it entirely.

In the United States raw shellfish represents your greatest danger of contamination. Several cholera cases are recorded in the U.S. annually. In other parts of the world, you must be far more careful. Where cholera is known to be endemic, avoid raw fruits and vegetables as well as the water. Do not accept opened bottles: either open all bottles yourself or insist that waiters open them in your presence.

Although cholera vaccinations are available (given as two injections two to six weeks apart and boosted every six months), your best defense is heightened personal hygiene and an acute awareness of the hygiene in the environment. You might also carry a filled prescription of tetracycline in 500 mg oral doses to be used as directed

by your regular physician.

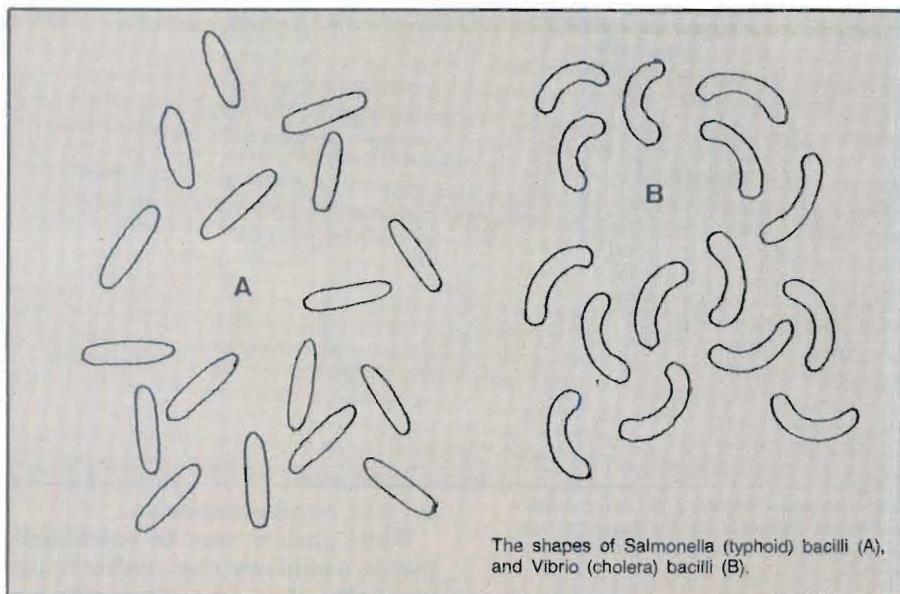
While cholera may be subclinical, that is, a mild case that confers future immunity, it is more frequently an acute infection which incubates for one to three days before announcing its presence with the passage of a sudden, enormous, watery stool.

This is soon followed by vomiting and severe muscle cramps. Because of the fluid loss, there is intense thirst and there may be hypovolemic shock (caused by reduced circulating blood volume). The eyes appear to sink into the skull as massive dehydration emaciates the features, leaving cadaverous cheeks and wrinkled skin. A general lassitude deteriorates into stupor. Cyanosis, marked by a violet-bluish complexion and dark blue lips, heralds circulatory collapse and imminent death.

The mortality rate for untreated cholera is 60 percent. With modern treatment, mortality plummets to five percent. Early countermeasures with antibiotics like tetracycline can reduce mortality to one percent. The greatest danger results from a depletion of electrolytes by massive fluid loss. Replenishing salt and water to prevent hypovolemic shock is imperative. If the patient can retain fluids, it's best to give fluids by mouth, otherwise, you must resort to intravenous infusion.

If the patient can successfully take and retain fluid, a solution of 3.5 grams sodium chloride, 2.5 grams sodium bicarbonate and 1.5 grams potassium chloride (and 20 grams glucose or 40 grams sucrose if available) per liter of water heated to 77 to 99 degrees Fahrenheit should be administered immediately. Ideally, consumption of this solution should match fluid

Cholera And Typhoid



The shapes of *Salmonella* (typhoid) bacilli (A), and *Vibrio* (cholera) bacilli (B).

loss. Swift treatment can sometimes keep symptoms mild.

Perhaps the greatest hope for the treatment of cholera and other diarrheal diseases is the peptide (a string of amino acids) discovered by London doctors. Designated peptide YY, it apparently operates as an inhibitor to maintain a balance with peptide VIP which encourages fluid loss.

The marvel is that YY works on all diarrhea, regardless of the disease or its cause. Thus, it is something of a universal cure since it eliminates what is often the most dangerous symptom in diarrheal diseases. Presently, it appears that the biggest drawback in the use of the peptide is its destruction by digestive juices. Abdominal injection of the peptide may be the painful answer to this problem. If no further problems or side effects are found, peptide YY may prove to be a powerful weapon in our medical arsenal.

Typhoid — Unfortunately, treatment for a disease often associated with cholera, typhoid, may not benefit. While typhoid breeds from the same sources of filth, sewage and general corruption as cholera and it too is caused by a bacteria, *Salmonella typhi*, typhoid may or may not be accompanied by diarrhea. Although outbreaks have occurred simultaneously, the diseases are markedly different.

Typhoid's incubation period is usually eight to 14 days and the onset is normally gradual, progressing through a duration of a month or more. Typhoid begins with a headache, abdominal

pain, weakness and fever. The fever increases in steps over two to three days, rising to 103 to 104 degrees Fahrenheit and lasting for 10 to 14 days. Chills are often a by-product of the fever. During the sustained fever, delirium may be present, and, in severe cases, the patient may even drop into a coma.

Ten percent of patients develop a sprinkling of pink lesions called "rose spots" across the chest and abdomen. These last for two to five days.

At the end of the third week of typhoid, the patient's temperature begins to fall, dropping to normal levels by the fourth week. Late in the disease prominent intestinal lesions promote florid diarrhea with blood in the stool. These lesions produce the two most dangerous conditions that can lead to typhoid deaths: first, peritonitis (inflammation of abdominal cavity membrane); second, internal, uncontrollable bleeding from eroded blood vessels.

Of those who recover from typhoid without treatment, eight to 10 percent suffer relapses. Strangely, 15 to 20 percent of those who've received antibiotic therapy also suffer relapses. These recurrences are always milder and more easily treated than the initial onset of the disease. And second relapses are also not uncommon.

Like cholera, typhoid bears a long history of death and misery, a history with particularly American ties. It was the cause of the Jamestown plague of 1624 that killed 6,454 of 7,549 British

colonists. While we now know that the Jamestown plague resulted from swampy conditions and the inadequate hygiene that prevailed worldwide until recently, typhoid presents one dangerous quirk: carriers who show no sign of the disease but pass it on to others.

Although anyone may be a carrier, a disproportionate number are women, middle-aged or older. At the turn of the century when medical knowledge was in a period of transition, new knowledge and theories, some valid and many pure hokum, proliferated in the scientific community. However, the new information was slowly and narrowly disseminated. Dedicated as they were to their patients and their art, family doctors had few tools to fight the small outbreaks and mini-epidemics of illness that were so common everyone accepted them as a part of life. It was in this milieu that the Irish immigrant Mary Mallon, the domestic cook who became known as "Typhoid Mary," spread the disease again and again to the people she worked for, their relatives and associates.

During the years that Mary unknowingly spread typhoid, the death rate was 12 percent. Modern antibiotic therapy has lowered that to one percent. Even with antibiotics the many circulatory complications of the disease require careful monitoring by qualified medical personnel, and all who attend the ill must maintain the highest hygienic standards.

As to the afflicted, they must have bed rest, adequate nutrition maintained by frequent feedings and time to recover. Because of lingering bacilli, the convalescent period may be as long as three months, and relapses are always possible although these seldom last more than five days.

Vaccines — Two vaccines are available for typhoid, but vaccination is recommended only for those with known exposure or at high risk of infection by typhoid. The older of the two, a phenol-treated, heat-killed vaccine is 51 to 77 percent effective over a two-and-a-half to three-year period. The killed vaccine has some unpleasant side effects such as fevers for 17 to 29 percent, headaches for 10 percent, and localized pain at the inoculation site for 35 to 60 percent. The complications are severe enough that 24 percent miss work or school as a result. Severe complications such as liver damage are rare but possible. The killed vaccine is given as two injections four or more weeks apart. Fortunately, reactions to

(Continued on page 66)

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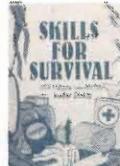


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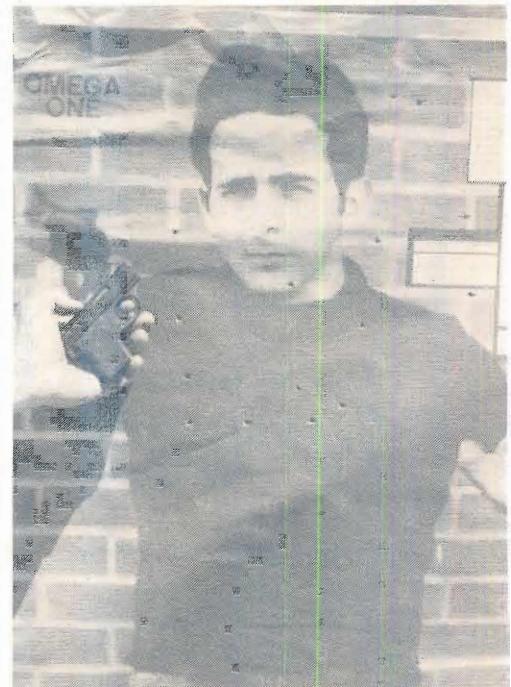
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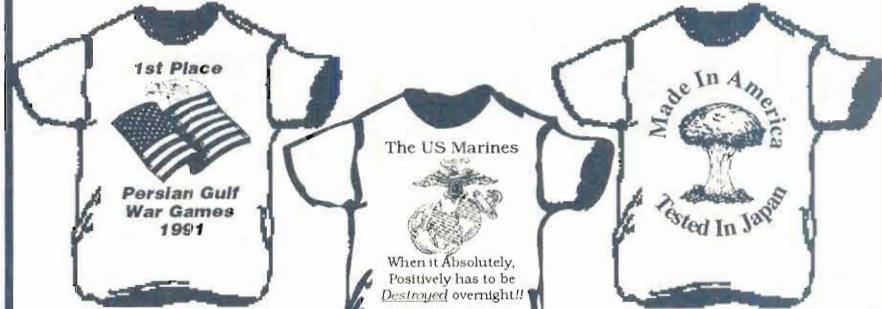


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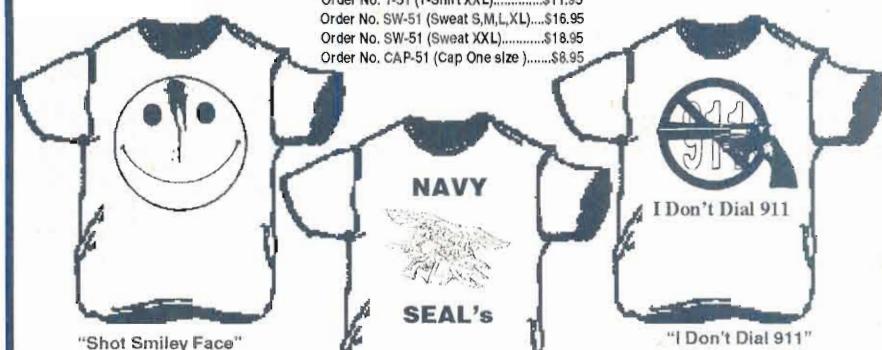
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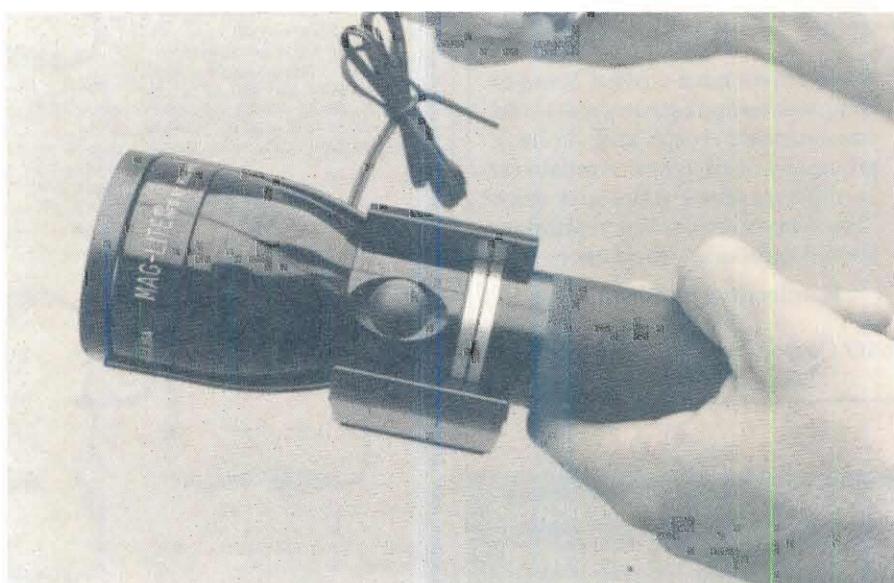
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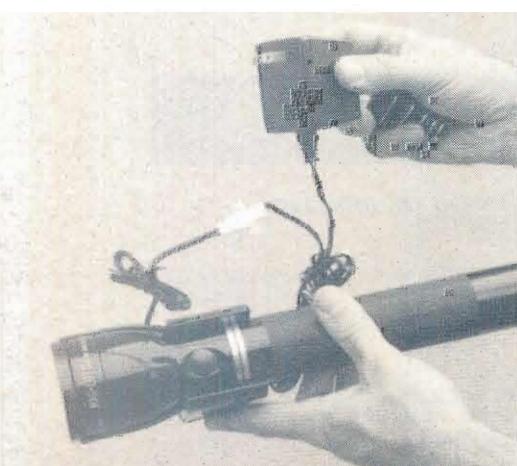


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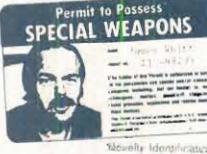
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Sporter Match Colt: Delta HBAR

*Super accurate,
heavy barrel
AR-15 rifle...*

By Jim Benson

THE Colt AR-15 Sporters have been very popular in this country. Hundreds of thousands have been made since Colt first produced these light recoiling gas-operated semiautomatic rifles, originally for law enforcement, more than a quarter of a century ago.

In recent years, labor troubles, different management at Colt Firearms and hysterical anti-gun-ownership sentiment inspired by our left-leaning mass media resulted in Colt's temporarily suspending sales of its AR-15s

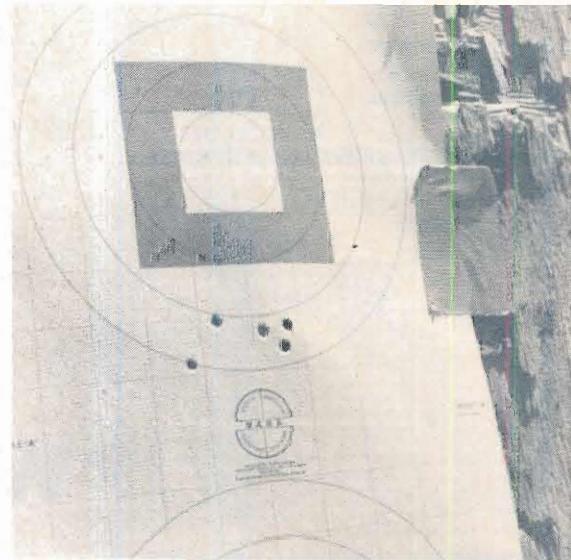
to the public.

The newly formed Colt's Manufacturing Company, Inc. has taken a much more positive attitude toward the manufacture and sale to the public of the popular AR-15s, and with some slight modifications (no bayonet mount, 5-round magazines), these excellent rifles are once again being sold to the shooting public.

One of the latest additions to the AR-15 line is the Sporter Match Delta HBAR (heavy barrel) AR-15 rifle. Designed with competitive shooting and

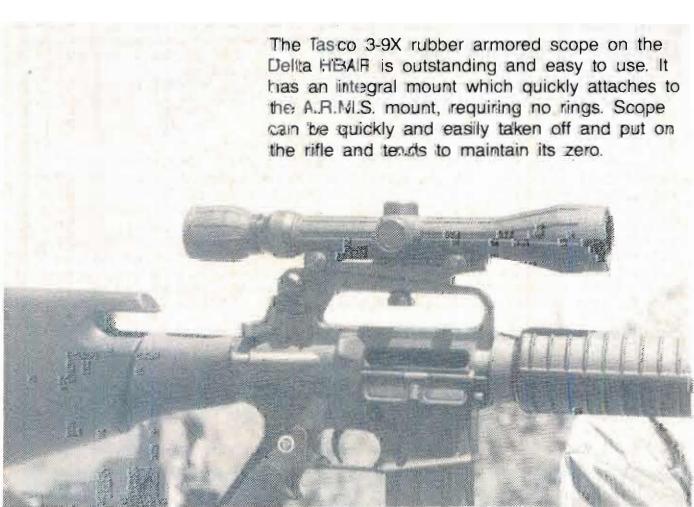
law enforcement applications in mind, the Delta HBAR is the cream of the crop of Colt's heavy barrel AR-15s.

Factors such as chrome lining of AR-15 barrels can lead to slight differences in accuracy between guns, according to Colt's Manager of Customer Satisfaction Tom Uznanski. All of Colt's AR-15 HBARs are test fired for accuracy in specially designed fixed rests with 10 shots each of 55-grain military specification ball ammunition, he said. Those HBARs found to meet Colt's accuracy criteria for the Delta HBARs



First test shooting with the Delta HBAR was at targets 100 yards away using a Jeep hood for a bench. The 2 1/8-inch, five-shot group shown was one of the first fired. The three shots at right are only about 5/8 of an inch apart.

The Tasco 3-9X rubber armored scope on the Delta HBAR is outstanding and easy to use. It has an integral mount which quickly attaches to the A.R.M.S. mount, requiring no rings. Scope can be quickly and easily taken off and put on the rifle and tends to maintain its zero.



The cheekpiece is very comfortable and a great help in sighting through the scope.





are each test fired again with 10 more shots of the same ammo and if their accuracy is consistent they may be selected for the Delta series of rifles and the appropriate accessories are added.

He noted that while perhaps only 10 percent of the HBARs made at a given time may be selected as Delta HBARs, depending on the demand for these rifles, many of the HBARs produced meet the Delta qualifications.

Having once been a Colt HBAR owner, I can attest to the reputation for accuracy and reliability these rifles have. I chose to part with my HBAR rather than submit to the severe restrictions imposed on owners of such rifles by anti-gun-owner lawmakers, media types and police officials in California following the passage of this state's *Robert-Roos Assault Weapons Control Act of 1989*.

At first the new Colt Sporter AR-15s, since they had been altered, were allowed for sale in California. But in March of this year, the new state attorney general — a man nominally labeled

a conservative politically but widely considered to be anti-firearm ownership — moved to have the new Sporters banned as well, claiming they were not materially different from the originally banned AR-15s.

Colt's Manufacturing Company immediately moved in court to oppose the attorney general's action. Colt's President, Ronald E. Stilwell, stated:

"The emotional controversy over ownership of sporting firearms continues to cloud the basic issues which plague our society, not the least of which is holding criminals responsible for their crimes. It is clear that telling the people of California that crimes and the drug problem will be diminished by banning firearms is nothing more than voodoo crime control."

The Colt Sporter Rifle, Colt noted, is designed for recreational and competition shooting and was introduced by Colt's Manufacturing Company in 1990. It was approved by the federal government for national championship bulls-eye target competition. The California Superior Court refused to dismiss the attorney general's case out-

right, but did agree to allow sales of the new Sporters to continue in California until it reached a decision after full hearings. The matter was still pending at this writing. In most of the rest of the country, the Sporters are perfectly legal for the shooting public to own.

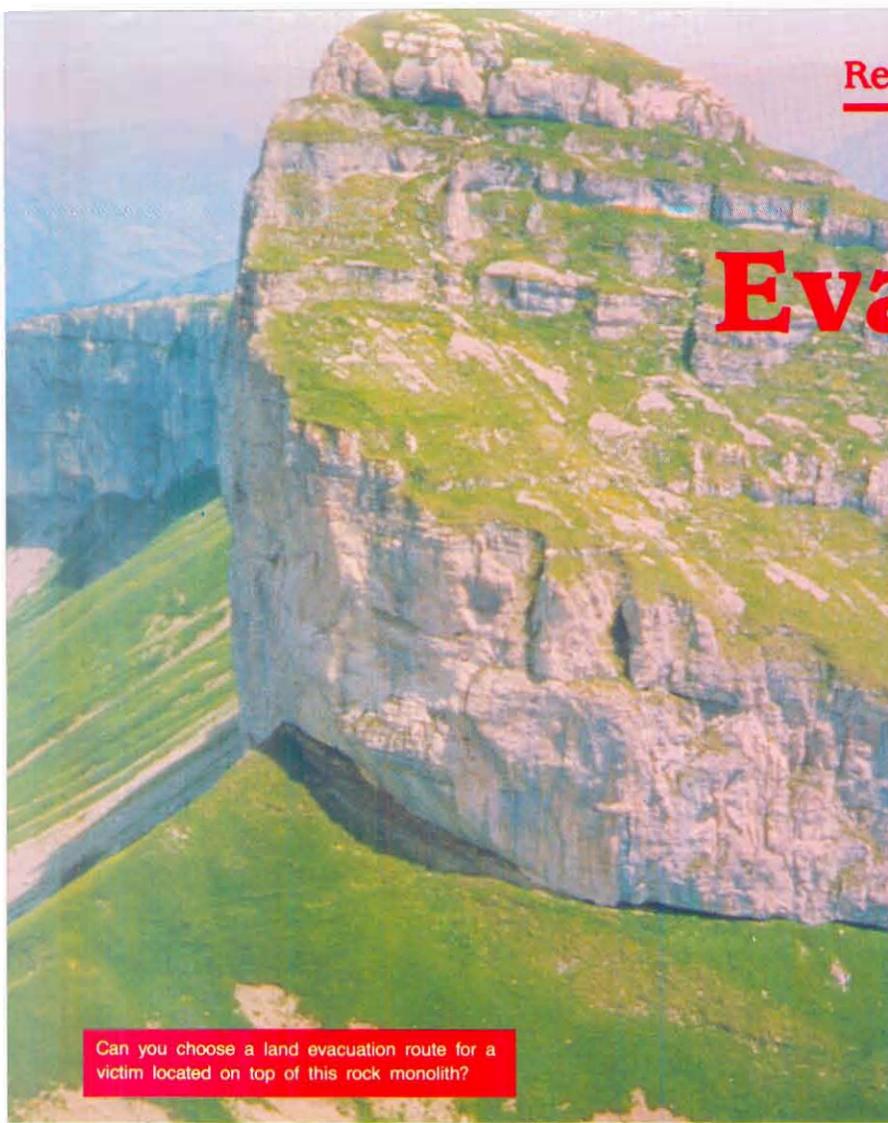
Aside from its superior accuracy and special accessories, the Delta HBAR is essentially the same rifle as the standard HBAR Sporter. Its distinguishing external characteristics are, most importantly, a Tasco 3-9X rubber armored variable power scope with A.R.M.S. mount, high-impact plastic cheekpiece, leather sling and Delta insignia on the pistol grip. The Delta HBAR also comes with a rugged padded aluminum carrying case complete with extra nylon web sling, extra 5-round magazine, manuals and cleaning equipment.

The Delta HBAR is otherwise of the same dimensions and made of the same materials as other HBARs. It also has the same 1-in-7 (R.H.) barrel

(Continued on page 64)

Medical Evacuations

Considerable skill is needed to evacuate a victim safely and comfortably....



Can you choose a land evacuation route for a victim located on top of this rock monolith?

By B.M. Wiard

DESPITE the best preparations, accidents and sudden illnesses sometimes happen. Typically, your role in an urban medical emergency is to summon help and perform urgent first aid. All other decisions and actions are handled by the 911 operator, emergency medical technicians (EMTs), the ambulance crew and the hospital emergency team.

When an accident or illness occurs in a remote place, you are much more involved. You must assess the scene, approach, and perform urgent and secondary medical treatment (See "Remote Medical Treatment," May '91). Next, you must decide if an evacuation is necessary, and whether you need or want professional assistance. Then, you must either summon help or evacuate the victim yourself. Avoid a hasty decision — evacuation is difficult both for your party and the victim. Here are some things to keep in mind when considering evacuation.

A well-planned evacuation could begin only after you answer the following questions. 1. Do the circum-

stances warrant an evacuation? 2. How important is speed? 3. Is a professional rescue service available? 4. Can the professionals be contacted and on the scene within the necessary time frame? 5. Is it possible and wise for your group to effect the evacuation without outside help? 6. What route and evacuation system would be best?

Not all accidents or illnesses require evacuation. If the group has time and supplies, perhaps the best solution for a minor problem would be a delay of a day or two. For example, time could heal the flu, a sprained ankle, a strained back, or mild hypothermia or exhaustion. With other injuries, like a simple fracture of the arm, the victim could walk with a companion.

Evacuation is necessary when an injury or illness requires medical attention beyond that the immediate group can provide. This can be true with a serious medical problem or with an unprepared group. Evacuation is also usually necessary where lengthy healing, as with a broken bone, must take place before the victim can resume normal activities.

This improvised litter is correctly attached to the bearers' packs, but the victim should always be strapped in place. (photo by H. Brieske)



How important is speed? Elapsed time from the incident to advanced help is important where serious complications or rapid deterioration of the victim is likely. This includes massive trauma or blood loss, advanced hypothermia, and high altitude sickness. Changing tides, rising flood waters, increasing avalanche danger and other environmental conditions also can make speed critical. Waiting too long may endanger the group or decrease the chances for a successful evacuation.

In general, it's best to call on a professional rescue service for evacuations where one is available. Trained professionals are usually better equipped and prepared than your own party. They will complete the evacuation faster with less additional stress for the victim, will provide better medical aid en route and will have more efficient transportation available once they reach a road.

In North America, rescue professionals include search and rescue teams, law enforcement officers, fire protection crews and the Coast Guard.



A smaller group probably could not evacuate an injured member effectively.



An accident here would require an arduous evacuation to the nearest four-wheel drive road.



This sled is correctly attached to the rescuer's pack.



Ski patrol members, certified back-country guides, and water safety staff also may be available to help. To reach the most appropriate group, contact a law enforcement agency. Before traveling to a remote area find out what help is available.

If an evacuation is necessary and professional rescue is available, you must choose between professional and self evacuation. Are you able to contact the professionals and can they reach and evacuate the victim in time? Is your group capable of evacuating the victim without outside help? Can the victim endure the kind of evacuation your party could provide? In marginal cases, remember that professional evacuation is expensive and could occupy rescue personnel who might be needed for a more serious case.

A working radio can make contact with outside help simple. If you carry a radio, have spare batteries and be sure that everyone in your party can use it. Without a radio, it may be best to send someone for help. This person should be skilled and strong enough

to reach help without incident. He should carry a written description of the problem and a map marked with the victim's location. Where possible, send more than one person and discourage undue exertion or heroics, one victim is enough. Avoid leaving the victim alone and never leave an unconscious or confused victim unless you are in danger.

Another way to "contact" outside help is to stay where you are and wait. If you left a route description and an estimated return time with a responsible person, he may initiate a search. This method, however, is by no means fool-proof. You must be considerably overdue before a search would start and it might be further delayed by bad weather or nightfall. Rescuers would have to follow your proposed route and hope to find you along the way. Even if all else goes well, they may not find you if your shelter is hidden or if you are lost and off your route. Once they find you, they may be exhausted or may not have the supplies necessary to address the problem.

If you wish to wait for rescue, camp

in a safe place visible from land and air. Brightly colored objects, such as tent flies or sleeping bags can be spread out to make your camp more noticeable. When a hidden shelter such as a snow cave is necessary, leave highly visible signs around it.

Three of almost anything in a triangle is an international distress signal. This could be three fires: make them bright at night and smoky during the day. It could be three piles of brush on snow or three contrasting piles of rock in a field. If rescuers may be nearby, three gunshots or three whistle blasts will send the same message.

Can the professionals be on the scene and evacuate the victim in time? If not, for all practical purposes outside help does not exist. Remember to include time to contact the authorities, to mobilize the rescue, to approach and locate the victim, and to package and evacuate the victim.

Before choosing between professional and self evacuation, you also must determine if your group is capable of

(Continued on page 60)

Prevention, Symptoms, Treatment:

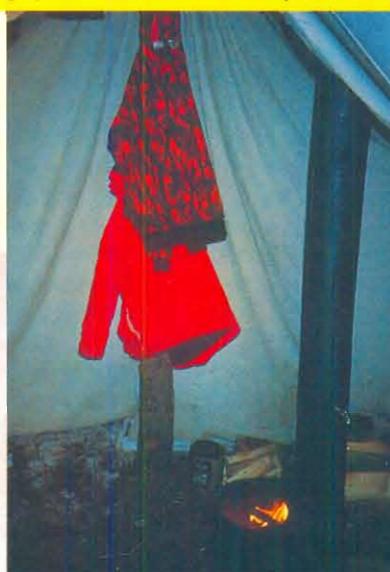
Wilderness First Aid

Basic medical equipment found in many homes will not be available when an outdoors emergency occurs...



Outfitter Dave Warwood comfortably packs first aid supplies in a polar fleece Hunter's Day Pack or Fanny Pack from Buck's Bags.

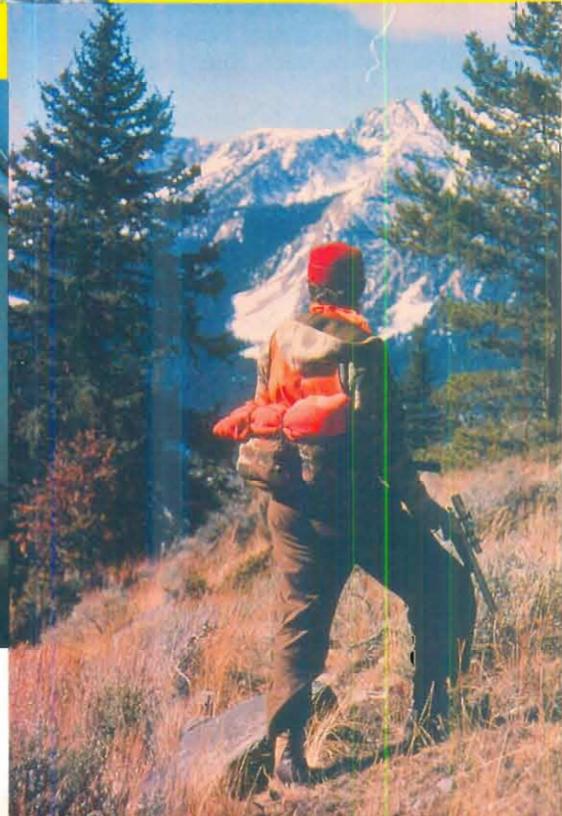
In camp, heat is supplied by a small wood-burning stove in the tents. Note damp clothing hung up near the heat source to dry.



Dave Warwood of Bridger Outfitters, Belgrade, Montana, breaks a path in heavy snow for the author to follow in a deer hunt in the Gallatin National Forest north of Yellowstone National Park. Cold and the possibility of injuries moving over this type of terrain are prime concerns.



The Comprehensive medical kit the author refers to weighs only about 2.5 pounds and is packed full of basic and essential first aid equipment.



By George E. Dvorchak, Jr., M.D.

I began work on this presentation after receiving a call from Pennsylvania Hunter Education Instructor Ed Soyke who asked if I would be interested in presenting basic first aid information to his class at the White Oak Rod and Gun Club, Inc.

This request came from the same group of dedicated instructors who volunteered their time and talents when I took this course two years earlier. Although I have been a hunter for nearly 30 years and was a one-time certified handgun instructor when a cadet at Valley Forge Military Academy, I learned a lot I probably would have missed without Hunter Education.

Besides, this would be an opportunity for me to "give a little back" which hopefully would help someone else.

I was soon to learn that much of what I took for granted would be hard to put into a presentation that would only touch on basics but would challenge students to enroll in an accredited first aid course. Wilderness first aid also meant that basic medical equipment found in many homes would be non-existent when and where an emergency would be likely to occur.

Pennsylvania's well written manual for this 10-hour course recommends that students should enroll for additional information in an accredited first aid course as offered by the American Red Cross. These are available through local rescue/ambulance and fire-fighting organizations. This is the proper approach, but as human nature has it, I felt that few would enroll due to time, interest and the common feeling that an accident can not happen to me.

Knowing this, the instructors wanted some added information presented that would review what was covered as well as to possibly put a different perspective on a topic that should be familiar to all. In my opinion, first aid should be a part of every school's elementary and high school curriculum. I believe that the school boards and educational planners are sleeping on this one.

The following is what I feel is important and basic knowledge a hunter should have concerning the Disaster, Prevention, Signs & Symptoms, Field Treatment & Concerns.

HEAD INJURIES — Any injury to this part of the body should be considered serious because of the delicate structure within, meaning the brain

and its blood supply.

SKULL FRACTURE: By its name this is a break in a bone of the head. Because the skull bones are strong and fairly protective of the structures under them, most fractures as from a fall are usually simple ones.

Since the bone is only cracked and not punched through the skin, bacteria and dirt from the outer layer of skin does not enter in the picture. An open or depressed fracture is much more dangerous since the broken bones can cut blood vessels which then leak blood. The result is increased pressure on the brain from the leaking blood which is now called an epidural or subdural hemorrhage.

Concerning PREVENTION, there is not a lot one can do except to be sure of the surface to be walked-on and to walk slowly when in unfamiliar territory or where there are logs, vines and stones to trip-on.

SIGNS & SYMPTOMS: This is tricky

Head Injuries — Any injury to this part of the body should be considered serious because of the delicate structure within, meaning the brain and its blood supply.

since an injury that may appear only as a bump on the head may be serious where one that looks bad due to blood loss may not have caused damage to the brain. Any signs of a skull fracture could be a deformity of a bone at or around the injury site, black eyes caused by torn vessels and therefore blood collecting in an area under the skin or blood and/or clear watery fluid better known as cerebrospinal fluid leaking from the nose, mouth and/or ears. The pupils or the black center of the eyes can be of different sizes.

These signs as well as being knocked unconscious are serious and the victim should be taken to a physician immediately. This could be the start of a deadly hemorrhage! There is nothing a first aider can do here except to keep the victim quiet and keep the head flat and slightly turned away from the injured side. This is done to possibly relieve some pressure to that area. It is important to get the injured person to a medical facility as soon as possible.

CONCUSSION: This is a condition associated with brief unconsciousness following an injury with the head or neck involved. Even though there was a disturbance in the electrical activity to the brain which resulted in the loss of consciousness, there is usually no other damage. Yet, due to the dangers of head injuries, call your doctor for advice.

SIGNS & SYMPTOMS: lack of memory, confusion, blurred vision and vomiting. Even though the victim comes out of it without any apparent problems, for the first 24 hours bed rest and constant observation for drowsiness and other symptoms as above are important.

BROKEN NOSE: The only sure way to know if the nose is broken besides an obvious deformity is with an X-Ray. Get to your doctor and during transportation, put cold packs or snow on the injury to decrease the swelling.

EYES — Injuries are common here, especially when in the woods or thick brush when it is dark.

PREVENTION: Wear yellow or clear shooting glasses in low light for protection. When there is a lot of snow in conjunction with bright sunlight, wear sunglasses to cut down on glare and to protect the eyes from wind burn or snow blindness.

FOREIGN BODY IN THE EYE: Do not rub the eye since rubbing may push the fragment of whatever into the soft tissue or cause it to scratch the eye's surface or cornea. To remove a foreign body, have someone use the top of a wet handkerchief to gently remove it.

SURFACE OR CORNEA OF THE EYE SCRATCHED: Get to your doctor! If something is still in the eye, hold a handkerchief lightly over the injured eye to prevent movement. Your doctor will probably give you antibiotic eye drops to prevent the possibility of a bacterial infection during the healing process.

An infection could lead to a corneal ulceration which could progress to blindness. When in the field, you will know when and if your eye has been scratched. Walking into a twig is a good way to cause this injury. I did that once an hour before day light on the one day I forgot my glasses.

BLEEDING WOUNDS — REMEMBER, USE PRESSURE AND DO NOT PANIC.

LACERATIONS (CUTS): To stop bleeding, apply constant pressure over

Wilderness First Aid

the wound. This will prevent blood loss and help stop the bleeding or slow it down if a minor cut. If a major one, again apply pressure until you get to a doctor.

You probably will not have bandages with you so if you have a handkerchief, use that even if it is not the cleanest. The immediate concern is to stop the bleeding, worry about infection later. If you have nothing with you, then use your open hand to apply pressure over the wound. How do you know if an artery or vein has been cut? Blood from a vein is bluish red and will simply flow or ooze out. That from an artery will be bright red and will spurt out since its pressure is from a pump, the beating heart. It takes about seven minutes for blood to clot which will slow or stop the bleeding, depending on what was cut and how severe. With a bad laceration you are going to need to be sutured.

BULLET WOUNDS: This is serious trouble! **TREATMENT:** Again, apply pressure over the wound if possible. If there is a big hole in the arm or leg, you may have to use a tourniquet to stop the bleeding. This could be a bandage, shirt, belt or deer drag tightened above the wound. Get help! If pressure or a tourniquet will stop the bleeding, stay with the person and yell for help since blood loss can push the victim into another bad and potentially deadly situation known as shock. The only PREVENTATIVE measure for hunting accidents is not to have them happen in the first place. Hunter Education Classes combined with common sense could take care of this category.

PENETRATING WOUNDS: These are also common injuries that are unfortunately accidentally self inflicted by being careless with an arrow, pointed stick or knife. The thing to remember here is that you usually should not remove the penetrating object in the field. Use a bulky dressing as from materials to stabilize the object and watch for shock. What to do here is a judgment call in the field with considerations as what is injured and by what, how severe and where is the victim, etc. Again, a first aid class will give you the knowledge to make a correct call on this one. As with any severe wound, you need medical assistance.

SHOCK — There are various types

and causes of shock. I will only present information on the type you will most likely encounter in the outdoors, **HEMORRHAGIC SHOCK.** This is induced by a reduction in blood to the body's tissues. It can be caused by cuts or blunt trauma that results in internal bleeding as from a ruptured liver or fractured bone which severed an artery or whatever: blood loss → collapse → coma → death.

PREVENTION: Use pressure to stop or slow the loss of blood from a wound. **SYMPTOMS:** Cold clammy skin; rapid, shallow breathing; weakness; sweating; pupils of the eye become large or dilate; pulse is weak and rapid; the victim may be very thirsty and could faint. What you can not check without equipment is the blood pressure which becomes very low due to the loss of blood.

What usually causes the death of someone with a heart attack is a type of heart beat called VENTRICULAR FIBRILLATION.

TREATMENT: As with prevention, stop the bleeding! Make sure the mouth is clear of anything that could interfere with breathing. Let him lay down, keep him warm and get help.

SPRAINS — These are caused by a partial tearing of a ligament around a joint or injury to the joint's capsule. This is usually from a sudden and not anticipated movement.

SYMPTOMS: There is usually immediate pain and then swelling in the area inured.

TREATMENT: To the injured area, apply snow or put it in cold water. It is also important to rest the area and try not to apply weight. **NEVER USE HEAT!** Its use would be similar to putting fire to fire! Get to your doctor if there could be any chance of the sprain really being a fracture. If in doubt, treat it as a fracture. The only sure way to distinguish between the two is with an X-Ray. In both, the area above the injury will usually become black and blue, bruised. This discolo-

ration is caused from blood leaking into the tissue after the injury.

Careful with bandages! If too tight it will act like a tourniquet by compressing the blood vessels which will greatly restrict the blood flow. If the ankle was sprained, you should not put an ace bandage completely over the toes because they should be visible so that changes in the color of the tips of these could be easily observed for indications that the bandages are too tight.

FRACTURES — Usually a bone is broken across its width. **Types:** **OPEN** (compound): Here a piece of bone sticks through the skin. **CLOSED** (simple): The broken bones are kept within the skin and due to less movement of the broken part, less tissue is damaged. A chance of infection has been greatly reduced since the skin is intact.

TREATMENT: Do not put the bone back if a compound fracture. Immobilize the extremity of a fracture to prevent further injury and get the victim to the hospital. It is important that you do NOT move or put pressure on an injured area since you could cause nerve and tissue damage. If it is a spinal injury which is usually in the neck area, DO NOT MOVE the victim. Keep him warm and get help since he should be moved only by professionals. You do not want to do more damage when trying to help.

MYOCARDIAL INFARCTION (HEART ATTACK) — **PREVENTION:** This is the smart way to prevent a possible disaster when in the outdoors. Risk factors to consider are some of the following: smoking, overweight, diabetes, hyperlipidemia or a cholesterol problem, high blood pressure, stress, family history of heart disease, lack of physical activity, exertion and cold weather (associated with hunting seasons), being under medical care for a heart condition and not taking the medicine.

What usually causes the death of someone with a heart attack is a type of heart beat called **VENTRICULAR FIBRILLATION.** Its uncoordinated beating and therefore pumping action does not allow the heart, which is a muscular pump, to circulate blood. This can be controlled in a hospital with drugs and electrical defibrillation.

Therefore, you have to get the person to the hospital without scaring him to death if conscious.

Stay calm! If the heart has stopped beating, then I hope you know CPR. Now is the time to learn cardiopulmonary resuscitation. Being prepared and not having to use something is a lot better than having to do something to possibly save a life and not knowing what to do.

SIGNS & SYMPTOMS: General findings in someone with a heart attack could be the following; severe pain in the chest, can not get your breath, a feeling of apprehension or simply being afraid, could be sick to your stomach and even vomit, in a sweat or even become unconscious.

HYPOTHERMIA OR DANGERS FROM THE COLD — Hypothermia simply means a fall in the temperature of the body from the normal oral range of between 96.8 to 99.3 degrees Fahrenheit. When the body temperature falls below 95 degrees F, this is a potentially fatal condition known as hypothermia.

Careful, since the belief that to get caught in this situation, you have to be lost in a wilderness area where the temperature is below zero, is false. This condition is possible in about any state where hunting or outdoor activities take place.

PREVENTION: Dress in layers when in the cold outdoors so when stalking, a layer can be removed to prevent overheating which will cause the body to perspire and therefore wet the clothing. When sitting for long periods you want to apply an extra layer of clothing for added protection against the elements. Therefore, if you get lost, do not panic, run around, sweat and eventually freeze.

Instead, stay calm and if it looks as though you are stuck for the night, use the remaining light to build a shelter and dig in for the night.

Also, be particularly careful around water since when wet, the body loses heat fast. Even if in water that does not appear to be that cold as 65 degrees, it will draw heat from that 98.6 degree body and therefore, over time lower the temperature.

SIGNS AND SYMPTOMS: Shivering, an attempt of the body to warm itself; fatigued, due to the body using energy to stay warm; slurred speech; apathy; you may stumble and fall a lot which is also a good way to get a head injury; have hallucinations and become disoriented. Later on you want

to sleep which due to freezing may be one rest you will not awaken from.

TREATMENT: Find or make a shelter so you can get out of wet clothes and warm up. Give the person some hot water as from melted snow to drink. Rest in bed and you will usually recover.

FROSTBITE — This common injury affects skin parts insufficiently covered as the ears, nose, fingers and toes.

PREVENTION obviously consists of covering exposed areas when in very cold temperatures.

SYMPTOMS AND SIGNS: white and glossy skin caused by the blood vessels constricting to save heat, if pain is present it happens before the skin is numbed by the cold, the fingers get stiff due to a lack of elasticity in the tissue, blisters form. Later on from the vessels constricting and therefore reducing the amount of blood to the tissue, gangrene is a possibility.

TREATMENT: Warm the tissue in warm water. Do not soak the affected area in cold water, rub the tissue in snow or rub the affected parts hard or you will cause tissue damage. Taking a shot of alcohol only conveys a false sense of warmth. Leave that myth with the movies.

COMMERCIAL FIRST AID KITS

— Recently Jon Becker who is the president of AARDVARK Enterprises at 733 Naomi Ave., Unit 1 Suite 207G, Arcadia, California 91007; (818) 577-0671; sent me their best medical kit to evaluate. This kit, called the COMPREHENSIVE, is specifically designed to meet the needs of someone traveling or hunting in a wilderness area.

This kit comes with supplies such as a SAM SPLINT, a light weight splint of dense foam padding that can be bent in any direction to secure any fracture; HYPOTHERMIA THERMOMETER that can record the lower body temperatures of this deadly disorder; A SAWYER EXTRACTOR for removing venom from snake or insect bites. Other supplies are oral hydration salts, iodine tablets to disinfect water, various non prescription medications, wound management items and best of all, a handbook and manual well written to guide someone in the use of the items provided. This bag retails for about \$120.

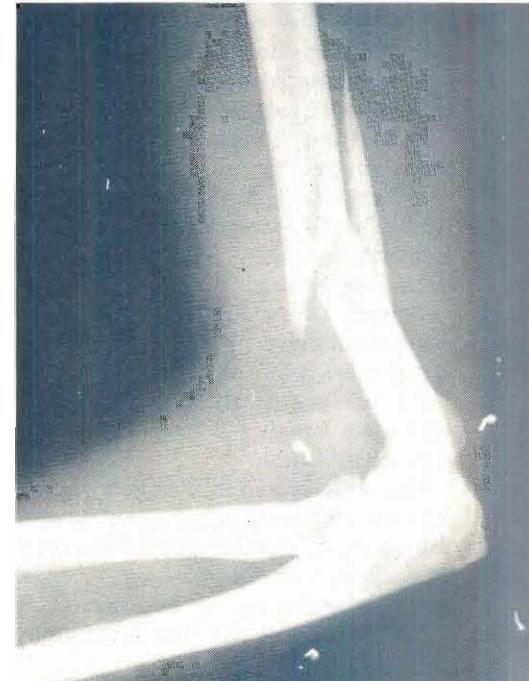
Next in line is one retailing for \$80 and called the BACKCOUNTRY with the FUNDAMENTALS for \$45. And the most compact and lightest called the DAY TRIPPER which sells for \$22.

If you still have some reservations about first aid in the outdoors, then there is an AARDVARK video for \$30 called *Medicine in the Outdoors*.

All those who spend time away from medical care should have such a kit available and obviously know how to use it in the event of an accident.

These kits from AARDVARK are sold at discount to recognized public organizations and outdoor professionals as licensed outfitters and guides. It is about time someone cuts a break to these people!

COMPASS AND MAPS — To avoid getting lost it pays to know how to use a compass so you can get back to base



This X-Ray photo of a broken arm illustrates why it is dangerous NOT to immobilize a broken bone before moving the victim. The ends of the shattered bone can act as a knife within the tissues, severing or puncturing vessels or nerves.

camp or your car. By being properly prepared for low temperatures, you can avoid deadly situations as hypothermia. One of the best video courses I have reviewed on this topic is available from Brunton, 620 E. Monroe Ave., Riverton, WY 82501; (307) 856-6559.

This 25-minute video presents actual outdoor situations as John Street shares his expertise on how to read maps and use a compass. Although originally produced to be used in conjunction with Hunter Safety Instruction Courses, it is now available for anyone to use. The video also comes with a compass and workbook that includes instruction and sample questions. ●

Dairy Fresh:

Instant Non-Fat Storage Milk

Cheaper, less calories but otherwise the same nutrition as fresh milk and it stores for years...

Staff Evaluation

WHEN milkfat (cream) and water are removed from fresh pasteurized milk the result is instant non-fat milk. It contains the same relative proportions of lactose, proteins and minerals and vitamins as regular milk but is more economical, has fewer calories and can be stored for years.

More than 1 billion pounds of instant non-fat dry milk are made each year in the U.S. according to standards set by the dairy industry and dry milk industry to insure high quality and consumer health.

Debra's Dairy Fresh premium instant non-fat dry milk tastes great and mixes quickly and easily and will store for 5 to 7 years with full nutritional and taste benefits if stored in a cool and dry location.

This milk is sold in nitrogen packed #10 cans requiring no refrigeration and taking up minimum space. This type of milk is very hygroscopic — moisture absorbing — so care must be taken to keep it dry and away from any moisture.

We tried out a can of Debra's Dairy Fresh milk sent to us for evaluation and we are pleased to report that we found this milk to be better than any of the commercial, grocery store non-fat dry milk products we've had over the years. It also mixes rapidly and easily so the liquid milk has a smooth consistency to it. Everyone who tried this milk found it tastes excellent and thoroughly enjoyed it. One #10 can of it — 60 ounces of milk powder — will make 19 quarts (or 75 8-ounce glasses) of liquid milk tasting as good as non-instant fresh milk.

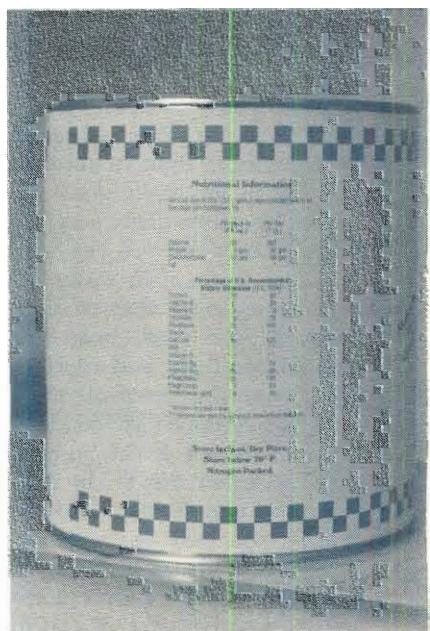
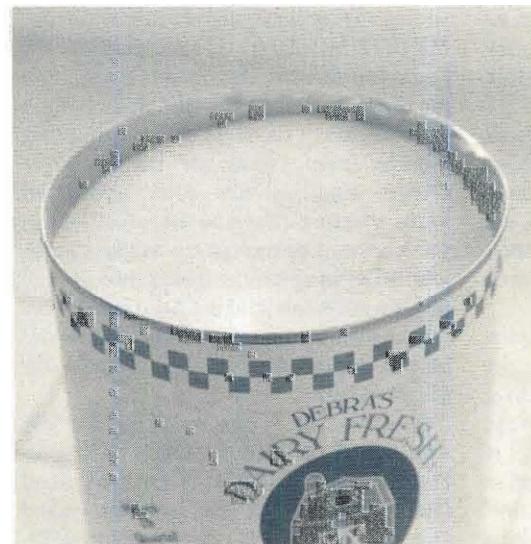
A case of six cans makes over 28 gallons of liquid milk. A case is only \$59.96 plus shipping and there are price discounts for quantity purchases. To order or for more information contact Debra's Dairy Fresh, Dept. ASG, 2050 N. Canyon Road, Provo, UT 84604; (800) 282-9208 or (801) 375-0000. •



Everyone who tried the storage milk found it tasted great. It mixes easily for any quantity desired.

Nutritional and storage information are printed on the can.

The milk powder is finely granulated with no lumps. It mixes instantly with fresh water.

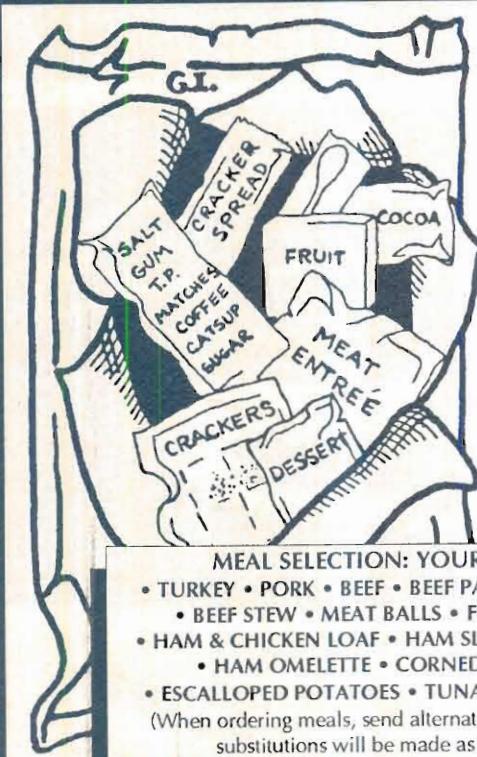


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ProHunter Folder

Spyderco:

This new steel knife features a Kraton 'interframe' for a more secure grip and secure clip...

Staff Evaluation

THE folks at Spyderco invited us to try out their new ProHunter pocket lockback folding knife in whatever fashion we wanted.

One of our staffers was going on a boating/camping trip to southern Utah's Lake Powell, a 130-mile-long section of dammed up Colorado River, and he opted to take along the ProHunter with other gear he wanted to test.

In its never-ending pursuit for high performance in its products, Spyderco believes it's come a step closer to excellence with the introduction of its new ProHunter.

The ProHunter features the new Spyderco Kraton rubber "interframe" which provides an inlay of the black checkered rubber on one side of the knife frame and on both sides of the clip on the other side of the frame. This gives a very strong and positive grip on this knife when drawing it from a pocket or waistband, etc., and provides a strong hold on anything the clip attaches to.

This was borne out during the Lake Powell trip again and again as our staffer got repeatedly soaked while traversing sections of wind-swept lake and repeatedly dove or jumped into the water with his clothes on to avoid the heat, help land the boat at campsites, and on one occasion to retrieve his hat which the wind had blown off. It was held securely to his pants pocket at all times.

The ProHunter performed yeoman service in all tasks it was applied to in working on the boat with rope and fishing lines and in setting up campsites.

A tiny part of the tip was broken off when the knife blade was used to pry open a military issue mess kit. A stouter instrument should have been used for this purpose. But this had no effect on the blade's performance.

The ProHunter has a serrated SpyderEdge over 65 percent of its 2⁵/₈-inch high carbon chromemoly G2 stainless steel blade. The other 35 percent to the tip is a razor plain edge. Overall length opened is 6³/₈ inches and closed is 3⁷/₈ inches. Weight is just 4 ounces.

There's nothing like a steel knife for strength and the ProHunter is one

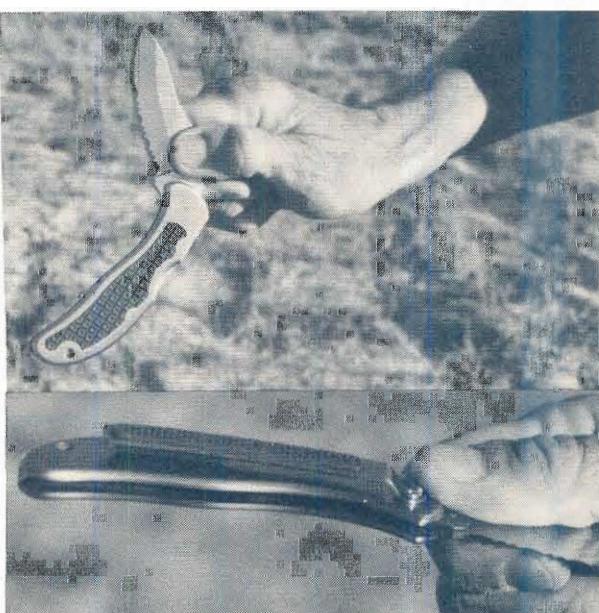


The ProHunter features a Kraton rubber interframe.

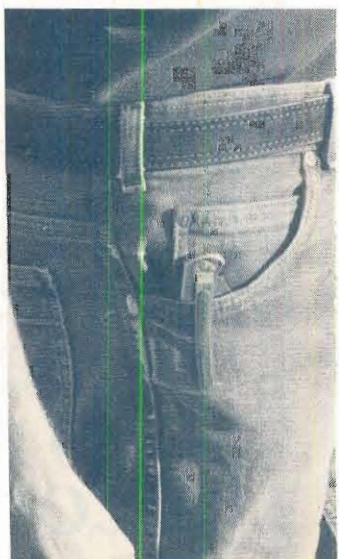
strong and sharp knife. It's Kraton held up perfectly with not even a trace of wear around the edges, despite repeated dunkings in the cold river water and the endless blowing sand and dust of that area. Suggested retail price of this knife is \$90. Available at cutlery



The 4-ounce knife is all steel except for rubber inserts on frame.



The Kraton interframe provides a strong, sure grip and clip at all times.



stores internationally, or contact Spyderco, Inc., Dept. ASG, P. O. Box 800, Golden, CO 80402-0800; call toll free at (800) 525-7770 or (303) 279-8383; fax (303) 278-2229. •

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Ballistic Armor

Photos by Kristen Long



Modern ballistic armor is an important tool in today's battle against crime. Shown is U.S. Army ballistic helmet, ballistic vest, and Jones Optical goggles. Firearm is tAP PK-15.

By Duncan Long

THE burglar had the drop on Sam. "You're dead, sucker," the criminal laughed, firing three quick shots from his .357 Magnum.

The slugs crashed into Sam's chest, but the homeowner didn't drop. Instead, he raised his 12 gauge shotgun and fired before the surprised thug could react.

"Honey?" a worried voice called from the bedroom as the smoke cleared.

"I'm all right," Sam said in a shaky voice, rubbing his bruised chest. "Dial 911 and get the police. And an ambulance."

"Are you hurt?"

"Just bruised," Sam answered, thankful he'd quickly donned his ballistic vest before checking on the strange sounds downstairs.

Although the above account is fictional, many Americans' lives have been saved by ballistic armor when a

Life Saving:

'There are a number of types of vests to choose from varying from military/SWAT-style tactical armor to the under-the-clothing concealed vests'...

"bad guy" opened fire on them. And while there's no such thing as a "bullet proof vest," new ballistic armor comes close, often completely stopping bullets within their fabric.

Today's armor is much different from what knights wore in "days of yore," utilizing heavy iron plates to stop arrows and whatnot. Metal armor ceased being effective with the advent of the long bow and, except for the "steel pot" helmet worn until recently by most soldiers, was relegated to museum displays several centuries ago.

The first modern anti-ballistic armor was seen on U.S. troops during the Korean War; it consisted of laminated fiberglass plates lining heavily padded vests. These were soon replaced by "ballistic nylon" vests including the familiar "flak jackets" U.S. troops wore in Vietnam. Both types of vests reduced the injuries created by shrapnel but proved to be less than ideal for stopping close-range rifle or even submachine gun bullets.

The next technological break-through was Du Pont's "Kevlar" which became available commercially in 1972 when it was marketed for strengthening radial belted tires. Ounce for ounce, Kevlar fabric is 5 times stronger than steel and when it was discovered that layers of the fabric were actually tough enough to stop pistol bullets, it only took a short time for enterprising experimenters to create "bullet-proof" vests of the material and it's still found in most ballistic armor.

In 1989, a second family of fabrics suitable for armor was created by Allied Signal. These are made of a modified polyethylene (the tough plastic used to make everything from shotgun shells to plastic grocery bags) and are ten times stronger than steel. This new plastic is marketed as "Spectra Shield." It and Kevlar are the materials normally utilized for modern ballistic vests and — with resins to make them stiff — both are also used to create most ballistic helmets.

Another tough but inflexible plas-

tic, polycarbonate (most commonly used in sunglasses), is often utilized in headgear capable of stopping bullets and is especially ideal for protective goggles or handheld shields since it's transparent.

It should be noted that while a "bullet proof" vest or helmet will stop the bullets it's rated for, some of the energy from the strike is transferred through the cloth onto the skin of the wearer. This impact creates a bruise or "blunt trauma" wound similar to that created by being struck with a very unsharpened object. (And, of course, this type of injury beats a gaping hole in the skin.)

Purchasers should also know that Kevlar can deteriorate over time when exposed to ultraviolet light, through the action of mildew or mold, or when in contact with strong alkalies. Because of this, modern vests are usually covered with some type of fabric or dye which screens out ultraviolet light and often treated to minimize the growth of mold and mildew. But those who wear a ballistic armor outdoors should be sure the fabric is screened from ultraviolet light; and owners should never leave a vest in a car window, out in the sun, etc., or it can quickly become "aged" and its protective qualities greatly reduced.

By an unfortunate coincidence, human sweat and the various types of fungi and bacteria that grow in the sweaty, humid conditions to be found in vests which are worn for extended periods can create the very chemicals capable of damaging Kevlar fibers. For this reason, users must either retire vests after 5 years of heavy "sweaty" use or keep their vests very clean. Bleaches are strong alkalies that should NOT be used to clean ballistic vests since they can damage the fabric. (Owners should follow the manufacturer's cleaning instructions religiously.)

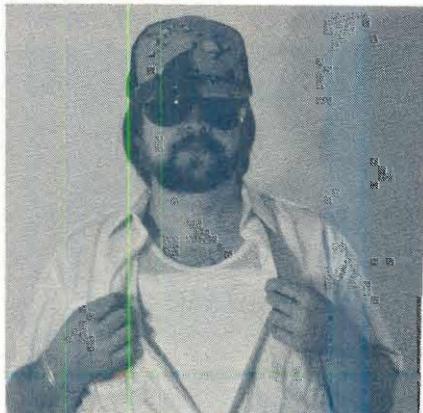
Because the layers of Spectra Shield or Kevlar necessary to stop rifle bullets would be excessive, ceramic plates, fiberglass and resins, steel inserts,

titanium plates, plexiglass, etc., are often exploited in various types of armor designed to stop high-velocity bullets. These are excessively heavy making them impractical for civilian use; fortunately, this level of protection is not normally needed by those facing criminals.

Vests which can be concealed under standard clothing (or custom clothing with ballistic inserts incorporated into it) are a big plus to keep in mind when shopping for ballistic armor. Such protection is inconspicuous and generally goes unnoticed. Not only does this keep a bad guy from making a "head shot" rather than firing at a vest he's spotted, wearers also attract less attention on the street in normal-looking clothing rather than flak jackets.

PPAA Guidelines — For a long time, vests were rated according to the U.S. guidelines created in the NILECJ (National Institute of Law Enforcement and Criminal Justice) and Aerospace Corporation study, first proposed in the "Body Armor Program Executive Summary" of 1977 and later revised in 1985 and 1987. Unfortunately, many experts as well as armor manufacturers, feel that the NILECJ ratings are faulty. Consequently, a second organization, the PPAA (Personal Protective Armor Association) has created a rating system of their own. This is actually of little concern to the average buyer, however. Vests passing these standards almost never fail to meet their "rating" in actual shootings.

Fortunately both rating systems are basically identical (though arguing between the two groups would lead a buyer to think otherwise). The two rating systems do allow a buyer to know, more or less, what armor can stop in the way of bullets and permits "com-



Silent Partner ballistic vest and baseball cap and Jones Optical "designer" polycarbonate sunglasses.

parison shopping" when seeing what various manufacturers offer in the way of ballistic armor.

Originally there were four protection levels delineated in the NILECJ study. Other subdivisions have been added with "Type II" now broken into two subgroups (Type II-A and Type II) and a few companies offering "plus" areas to some headings. Usually ratings of vests are rather conservative to allow some "fudge factor" in case the vest has deteriorated slightly, is water soaked, or a bullet strikes near the edge of the fabric, any of which can cause a bullet to penetrate farther into a vest than it normally would.

Table 1 shows what vests in various groups will normally stop.

(Important: This table gives only an

So you probably will never need a Level IV or even Level III vest.

At the other end of the scale, Level I vests. These are inexpensive but aren't adequate thanks to the fact that Congress has succeeded in stamping out cheap handguns which — until the last couple of decades — were what were most commonly seen in the hands of street criminals. Level I armor is better than nothing — but not by much.

Given the fact that criminals ARE now using .357 Magnums these days, it would seem to make sense to go with at least Level II ballistic armor and maybe even Level III; such armor will come close to giving adequate coverage from nearly all the weapons one might reasonably expect on the streets of the U.S. or during a criminal

Table 1: BALLISTIC VEST PROTECTION LEVELS

Threat Level:	I	I+	II-A	II	III	IV
.22 LR (Handgun)	Yes	Yes	Yes	Yes	Yes	Yes
.25 Auto	Yes	Yes	Yes	Yes	Yes	Yes
.32 Auto	Yes	Yes	Yes	Yes	Yes	Yes
.380 Auto	Yes	Yes	Yes	Yes	Yes	Yes
.44 Special	Yes	Yes	Yes	Yes	Yes	Yes
12 Gauge (shot)	Yes	Yes	Yes	Yes	Yes	Yes
.22 LR (Rifle)	No	Yes	Yes	Yes	Yes	Yes
.38 Special	No	Yes	Yes	Yes	Yes	Yes
.38 Special +P	No	Yes	Yes	Yes	Yes	Yes
.45 Auto	No	Yes	Yes	Yes	Yes	Yes
9mm Luger	No	Yes	Yes	Yes	Yes	Yes
12 Gauge (Buckshot)	No	Yes	Yes	Yes	Yes	Yes
.38 Super	No	No	Yes	Yes	Yes	Yes
.357 Mag.	No	No	No	Yes	Yes	Yes
.44 Magnum	No	No	No	Yes	Yes	Yes
9mm Luger (carbine)	No	No	No	No	Yes	Yes
.30 Carbine	No	No	No	No	Yes	Yes
12 Gauge (Slug)	No	No	No	No	Yes	Yes
.308 Win.	No	No	No	No	Yes	Yes
.30-'06	No	No	No	No	Yes	Yes
7.62x39mm	No	No	No	No	No	Yes
7.62 NATO	No	No	No	No	No	Yes
5.56mm NATO	No	No	No	No	No	Yes

approximate idea of the protection offered by any given vest. New types of ammunition, the condition of the vest, and type of weapon being used can all greatly change the actual penetration of any given bullet in a vest. Be sure to check with the manufacturer of YOUR vest for an accurate idea of what type of projectiles a vest will actually protect against.)

When first seeing this chart, the tendency is to decide to go with a Level IV vest and live like superman. But these vests are VERY heavy and very expensive. And despite the media and congressional lies and hoopla, assault rifles are used in less than one half of one percent of all crimes committed in the U.S.; and armor-piercing bullets are almost never seen on the street.

break in of a residence.

Costs of vests vary according to the features they offer; a buyer should expect to spend from \$300 to \$500 for a Level II-A or II vest. (If that seems expensive, a shopper should compare the cost to a week in intensive care at a hospital or the price of a new casket.)

Another consideration in choosing armor is comfort. Ballistic vests are uncomfortable in warm weather and the more protection offered by a vest, the bulkier, heavier, and hotter it is. The old saying that a lightweight vest that you wear is worth ten times as much as the heavy vest that stays home in the closet is worth keeping in mind. Criminals won't let you call time out to get suited up for their game.

(Continued on page 50)

Iver Johnson:

Compact 25

The smallest and lightest all-steel construction .25 ACP semiautomatic pistol in the world...

Staff Evaluation

IVER Johnson's new Compact 25 is designed along the lines of the famous Browning Baby .25 ACP semiautomatic pistol but with its own distinct features and is even smaller and lighter.

It's billed as the smallest and lightest .25 ACP semiautomatic pistol in the world. This is correct as far as we know. The only other gun similar in size and shape is the U.S.-made PSP-25 pistol, a faithful reproduction of the Browning Baby made under license from Fabrique Nationale. But the Compact 25 is even smaller and lighter than the PSP-25, though only slightly.

The Compact 25 has a weight, with empty magazine of only 9.3 ounces. Overall length is only about 4 $\frac{1}{8}$ inches, about the same as the PSP-25, but the Compact 25 is slightly smaller in height—2 $\frac{11}{16}$ inches compared with about 2 $\frac{7}{8}$ inches for the PSP-25, its slide is slightly thinner — $\frac{5}{8}$ inch wide, and the barrel is slightly shorter — about 2 inches.

The Compact 25 is all steel except for the checkered black plastic grips, with a matte black frame and polished blue slide. It has a case-hardened trigger with special design to prevent accidental discharge if the gun is dropped while it is cocked and the safety is off.

The safety lever which locks the sear is activated by the right thumb and is located on the left side of the frame behind the trigger. A red dot indicates the "fire" position.

The Compact 25 also features a magazine automatic safety. If the magazine is removed the gun will not fire.

The magazine is listed as having a 5-round capacity. However, during test firing we repeatedly loaded it up with six rounds and it worked perfectly. It



The Compact 25 handles well and is accurate.



is possible with some types of ammunition the sixth round in the magazine could promote jamming, but using standard 50-grain metal case (UMC and American Eagle) we had no trouble.

The Compact 25 is designed to fire any commercial .25 ACP ammunition. We did not have the opportunity to test fire hollow points in it as we could not find any at the gun stores we went to before taking it to a public shooting area.

As with other single-action semiautomatic pistols, we recommend against carrying this pistol with a round in the chamber and cocked.

The Compact 25 is meant as a personal defense weapon, good as a backup for police officers (it could be hidden in a handcuff case, for example), a purse gun for women, or anyone desiring a very compact, reliable, easily concealable pistol. This gun could be concealed in your palm or a shirt pocket.

It's of course true that the .25 ACP round is not as powerful a "man stopper" as larger caliber ammunition, but nevertheless, many people have been wounded and killed with this caliber, and hundreds of thousands of .25 ACP caliber pistols are made each year in

this country, attesting to their popularity.

Iver Johnson also has a limited number of collector-grade gold plated and engraved Compact 25s available with a retail price of about \$1,000. The standard model Compact 25 has a suggested retail price of \$199.

The Compact 25 comes in an attractive jewelry type presentation case, which protects it, and has a limited

(Continued on page 71)



The Compact 25 comes in an attractive jewelry type presentation case.

YOUR FAMILY WILL STARVE DURING THE COMING DEPRESSION & FOOD RIOTS Even With A House Full of Guns, Ammo and Gold Unless... .

... Unless you're prepared with at least a year's food storage reserve to protect yourself and those that you love.

Could we seriously be headed for a full blown depression such as the 1930's and experience food riots in this country? YES! And you had better be ready well in advance before you hear the "news flash" on the radio or TV. Today, in light of our present day world economic conditions, i.e., Bank & Saving and Loan failures (currently the highest since the Great Depression), huge trade deficits, \$400 BILLION budget deficit, 5 years of drought conditions, rising unemployment & inflation, insurance company failures (you'll be seeing more & more in the months to come), the explosion of gov't, business and personal debt, accelerating bankruptcies, the deadly AIDS plague crisis, the deterioration of our constitutional freedoms, etc., etc.. Any one of these ticking time bombs can and will have a domino effect upon the rest and can bring on the next great depression.

Now add to these the ever increasing frequency of natural and man made disasters. I believe that it is absolutely imperative that you secure your food storage reserves you need NOW to protect you and your family in the uncertain times you and I will face ahead.

Read on and I'll share with you how NITRO-PAK can provide you and your family greater peace of mind and at the same time save you hundreds of dollars on your food storage reserves. I'll also share with you other protective steps you need to take now before the crisis strikes!

My name is Harry Weyandt, and I'm the owner of NITRO-PAK Preparedness Center. Like you, I'd consider myself an optimist but at the same time I'm also a realist and quite frankly I don't like what I see coming rapidly on the horizon. Right now, as never before in our country's history, we live in a time of great uncertainty and economic chaos unknown to us since the late 1920's and '30's. The parallels between then and now are outright scary. In fact, in many areas they are **MUCH WORSE!** I do not know when this crisis will happen, but make no mistake about it, **IT WILL!** We will crash into the worst economic time imaginable and the government will not be able to stop it. Remember, you must be one minute too early in preparing rather than being caught just one minute too late!

Today, I would no more be without a "back-up contingency plan" consisting of storage foods and supplies, than I would drive my car without a set of jumper cables and spare tire — "just-in-case". Food is an everyday necessity that you and I take for granted. You can drive down to your local supermarket and stock-up to your heart's content — but that can all change quickly without warning. When disaster strikes, the time to prepare is over. It's like trying to buy fire insurance when the house is on fire!

Crisis is inevitable. We know that from history. But you can escape & survive if you take the time NOW to get prepared.

YOUR #1 SURVIVAL PRIORITY!

Economic experts such as Howard Ruff, Gary North and Don McAlvany, have said that investing in a good solid food storage reserve should be your number one survival priority. Mr. Ruff, editor of "THE RUFF TIMES" has told his subscribers that "*No matter how extreme the idea seems at first blush, food storage is still the first step you must take to protect yourself in a volatile and uncertain world*" and went on to strongly recommend obtaining a year's food reserve now for each family member.

Don McAlvany, editor of "THE McALVANY INTELLIGENCE ADVISOR" newsletter has told his subscribers in the April 1991 issue that "*I strongly believe that it is prudent to obtain at least a one year supply of*

ACT NOW!

FREE SURVIVAL-PAK WORTH \$450 TO THE FIRST 45 NITRO-PAK BUYERS!

This exclusive package is FREE to the 1st 45 NITRO-PAK year's food supply buyers. It includes 30 things you can't buy in stores, but must have to survive when crisis strikes!

Here's what you'll get:

Bonus #1: A \$80 value multi-grain Basics hand Wheat Mill. Use this to easily grind life sustaining wheat and other whole grains anytime whether you have power or not!

Bonus #2: A \$200 value "SURVIVAL MANUAL" written and edited by noted survival expert Duncan Long. Includes 160 pages of specific techniques and detailed checklists so you can be prepared and survive any catastrophe — up to surviving a nuclear war! Not available in any bookstore!

Bonus #3: A large can of our "Survival Garden Seeds", a \$49.95 value. Includes 15 different varieties (25 packets in all) of specially grown and dried seeds that are NITRO-PACKED for long storage. You'll need them to start your garden after an emergency to supplement your food storage!

Bonus #4: NITRO-PAK's exclusive report on "THE FIVE DEADLY ENEMIES TO YOUR FOOD STORAGE AND HOW TO AVOID THEM" (a \$19.95 value). This is the most requested special report we've ever offered! Contains vital information you'll need to know if you want to maintain and protect the quality of your storage foods and greatly extend their shelf-lives — includes a secret technique to get up double their regular shelf-life!

Bonus #5: Our "Survival Sampler-Pak" (a \$100 value). Includes many of the "little things" you absolutely must have to stay safe after any disaster. You get two info packed books — "Sense of Survival" & "A Year's Supply", plus a basic 72 hr. Kit for your car, Potable Aqua™ water tablets, radiation protective Potassium Iodide tablets, instant chemical lightsticks, waterproof matches, and a good assortment of the latest ready-to-eat military MRE meals to try!

These items are NITRO-PAK exclusives! They're a \$450 retail value. You get them all — **ABSOLUTELY FREE!** — **but only** if you are one of the first 45 smart people who want to protect themselves and their loved ones by getting the food storage reserves you absolutely must have to survive any disaster or crisis, major or minor.

Avoid Disappointment, Turn to page 41 to get yours NOW!



Harry R. Weyandt
NITRO-PAK Owner

food for every member of your family. It makes little sense to store up riches and neglect your most basic need — food... (I) have come to believe that stored dehydrated food is the single most important investment you can make".

Other respected advisors have suggested to their clients & readers to do likewise. Just how prepared are you?

"It makes little sense to store up riches and neglect your most basic need — food... (I) have come to believe that stored dehydrated food is the single most important investment you can make."

Don McAlvany

The McAlvany Intelligence Advisor, Editor

NITRO-PAK Preparedness Center
13309 Rosecrans Ave., Santa Fe Springs, CA 90670

Credit Card Customers Call
1-800- 866-4876

Sale Positively Ends
Nov. 30, 1991
at 12 noon (PST)

By being prepared today with a high quality food storage supply, you'll be able to survive and sustain your family and also minimize your exposure to its' adverse affects, such as becoming temporarily unemployed, or that of any other disaster or crisis.

THE LULL BEFORE THE STORM

In my own opinion as well as many other experts, we are now experiencing the lull before severe economic storms. If you don't honestly believe that one day your food storage supply might become a vital ingredient in your survival, then perhaps you should seriously reconsider why you're reading "AMERICAN SURVIVAL GUIDE!"

SURVIVAL INSURANCE YOU CAN EAT

You, like most of us, would never consider it very prudent to be without insurance protection today. You and I rarely give it a second thought to insure our cars, homes, family's health, teeth, lives, and even old Rover just to name a few. Should owning a "Survival Insurance Policy" be considered any less important? Of course not! When the house of cards begin to fall, as they assuredly will, it will be too late to start your preparations. This never need happen to you If you will only make a few relatively simple preparations now.

STEPS YOU MUST TAKE NOW!

First and foremost is to invest in an excellent quality food storage reserve for you and your family. Regardless of how much you can invest today, get at least get some kind of a food storage reserve started right now!

Having completed this you and your family will enjoy the real peace of mind & security that comes only to those who are prepared. After securing your NITRO-PAK storage food reserves, you can now go on to obtaining other self-sufficiency supplies such as a water storage reserve, emergency lighting, heating, fuel storage, sanitation, clothing, protection devices, cash & "hard currency" reserves, and other everyday essentials that can make life a bit more easier i.e., toilet tissue, soap, etc.

WHY CHOOSE A NITRO-PAK FOOD UNIT?

We've taken all of the guess work, hassel and headache out of buying the right long storing food reserve. Each of our top rated Low-Moisture food units has been assembled using only the finest quality, freshest, and best tasting foods you'll find anywhere. We guarantee it! Each of our year's supply units has been constructed as if our own families will be protected by them—and that's exactly what they do! In addition, every NITRO-PAK unit has been nutritionally balanced and contains all of the essential calories, carbohydrates and protein necessary for a healthy & filling diet.

A WORD OF CAUTION: Beware of anyone selling what I call "*Survival Starvation Diets*" that are 1/3 to 1/2 the essential food intake you'll need each day. Their prices may seem "cheap" but there is a BIG reason—they won't provide you the necessary calories you'll need to survive and their quality of the food product or NITROGEN PACKING may be sub-standard. At NITRO-PAK, you'll always get the best value for your money and the highest quality products & foods found anywhere. We guarantee it!

If you are a typical American male you eat approximately 2800 - 3000 calories per day (females average approximately 2300 calories per day. Don't just compare price alone, but look at what you're getting for your money plus consider the reputation and guarantee of the company.

Your NITRO-PAK food unit will be assembled fresh to insure you the longest shelf-life possible. All of our foods are also canned using only 1st quality, 'double-enamel' cans (we never use cheap seconds or distressed quality cans; some companies still do) and we use only the most advanced NITRO-PACKING methods available in the industry to ensure your foods the longest nutritional shelf-life possible. (Actual shelf-life varies between 8 to 15 years, depending on the item and storage temperature.)

Here's the two best ways you and your family can make sure you get the nutrition and food you will need need today before crisis strikes!:

"I easily chose your Premier-Pak year's supply storage food units to protect my family because I was very impressed with the vast selection of wholesome foods it provided and also because I felt it offered me the best value for my investment dollar. I wholeheartedly recommend NITRO-PAK's "Premier-Pak" to you and your family also."

Craig Smith, Pres. Swiss America Corp.

#1 - The "PREMIER-PAK™"

As Low As \$1.67 Per Meal!

No one offers anything remotely close to this unit! It's the best year's supply available anywhere! This incredible unit provides you at least twice as many calories as you'll find in most competing storage food units on the market today! Not only does it provide one adult with over 3000 calories and 100 grams of protein per day for one full year, but it also includes over \$335 worth of REAL Freeze-Dried Meats, including Diced Beef, Chicken, Turkey, Albacore Tuna and Hamburger Patties! In addition it includes the most exceptional variety of our premium low-moisture foods that we have ever offered. The best of everything has been included, and it'll fill up even the most hearty of your eaters! A total of 180 #10 cans in all and comes packed in 31 easy-to-store cartons. **This is THE Ultimate Insurance Policy!** Last chance at this low price. Beat the price increase! Save up to \$1025 off of our everyday low per-can prices! Wt. 925 lbs. (shipped freight collect)



Our Lowest Price This Year! \$1929⁹⁵

CONTENTS*: (All #10 size cans)- GRAINS: 2 cornmeal, 2 quick oats, 4 white rice, 30 hard winter wheat, 2 elbow macaroni, 6 white flour, 10 cracked wheat, 2 long spaghetti, FRUITS: 2 applesauce, 2 apple slices, 2 banana chips, 1 peach slice, 1 fruit galaxy, 2 raisins, VEGETABLES: 6 red bean, 2 white bean, 1 split green pea, 6 lima bean, 6 pinto bean, 3 carrot slice, 3 sweet corn, 3 garden pea, 4 potato granules, 2 potato diced, 2 potato slices, 2 tomato powder, 3 vegetable stew blend, 1 onion, EGG: 2 whole egg, 2 scrambling egg mix, DAIRY: 10 non-fat regular milk, 4 non-fat instant milk, 1 cheddar cheese, 2 butter, ADJUNCTS: 4 vegetable shortening, 2 margarine, 2 peanut butter, 7 white sugar, 1 salt, 2 pancake mix, 4 soup mix, 2 gelatin dessert, 1 apple drink, 1 orange drink, 1 popcorn, 2 survival high energy candy, 1 bacon TVP, 4 beef TVP, 3 chicken TVP, ALPINE-AIRE FREEZE-DRIED MEATS: 1 albacore tuna, 2 diced beef, 2 beef patties, 1 diced chicken, 2 diced turkey, OTHER: 30 re-sealing lids, 1 yeast pouch, 2 cooking & preparation books. TOTAL: 30 + 1 cases.

#2 - The "PROVIDER-PAK™"

As Low As \$1.04 Per Meal!

Next to our Premier-Pak, this is our best selling year's supply for those with families. It has been especially assembled with foods most requested by our clients and their families. This unit offers you the widest assortment of our delicious tasting low-moisture foods and also includes a generous supply of our REAL Freeze-DRIED Meats, too! The Family-Pak provides you over 2000 calories and 80 grams of protein per day for one person for a year, or a family of four for 3 months. Comes packed in 19 cartons with a total of 108 #10 cans in all. You'll appreciate its' compactness too since it stores in an area just 45" x 38" x 19"! Save \$516 off our regular per can prices! Order NOW! Price goes to \$1379 on December 1st! Ship. wt. 435 lbs. (shipped freight collect)



Special Sale Price! \$1189⁹⁵

CONTENTS*: (All #10 size cans)- GRAINS: 2 cornmeal, 2 quick oats, 4 white rice, 28 hard winter wheat, 2 elbow macaroni, 2 granola, FRUITS: 1 applesauce, 2 apple slices, 2 banana chips, 1 fruit galaxy, 1 dehydr. raisins, VEGETABLES: 3 red bean, 2 white bean, 1 split green pea, 1 lima bean, 2 carrot slice, 1 sweet corn, 2 garden pea, 3 potato granules, 1 potato diced, 1 potato slices, 1 tomato powder, 2 vegetable stew blend, 1 onion, EGG: 2 scrambling egg mix, DAIRY: 10 non-fat regular milk, 1 cheddar cheese, 2 butter, ADJUNCTS: 2 veg. shortening, 2 margarine, 1 peanut butter, 7 white sugar, 1 salt, 2 soup mix, 1 soup base, 1 gelatin dessert, 2 orange drink, 1 popcorn, 1 survival high energy candy, 1 bacon TVP, 2 beef TVP, 2 chicken TVP, ALPINE-AIRE FREEZE-DRIED MEATS: 1 diced beef, 2 ground beef patties, 1 diced chicken, 1 diced turkey, OTHER: 18 re-sealing lids, 1 cooking & preparation book. TOTAL: 18 + 1 cases.

*We reserve the right to make substitutions should an item become unavailable with one of equal or greater value.

ACT NOW! Be one of the 1st 45 buyers of either a PREMIER-PAK or PROVIDER-PAK and get these \$450 worth of Bonuses Absolutely FREE!

We've tried to remove all those reasons that have kept you procrastinating in the past and not getting the NITRO-PAK year's food reserve you need, but in case you're still undecided, I've sweetened our already incredible offer and made it even harder for you NOT to take me up on it right now!

NITRO-PAK Preparedness Center
13309 Rosecrans Ave., Santa Fe Springs, CA 90670

Credit Card Customers Call
1-800- 866-4876



If our low prices, 90 Money-Back Guarantee and exceptional quality alone aren't enough to convince you to order, then for a limited time only, I'm adding the following bonuses to shamefully bribe you into taking action NOW! —

BONUS #1: We'll include one of our best selling hand grinding Wheat Mills (a \$80 value). It's made of strong cast aluminum and built to last a lifetime!

BONUS #2: A NITRO-PAK EXCLUSIVE! We'll also include a copy of Dr. Gary North's privately commissioned 160 page "SURVIVAL MANUAL" written by Duncan Long (a \$200 retail value). Contains vital info you'll need to survive — from today's everyday world to surviving a nuclear war. Unavailable anywhere else!

BONUS #3: A large can of our "SURVIVAL GARDEN SEEDS", a \$49.95 value. Includes 15 different varieties (25 total individually sealed foil packets in all) to plant a garden after an emergency to supplement your food storage!

Bonus #4: A \$19.95 NITRO-PAK exclusive report on "THE FIVE DEADLY ENEMIES TO YOUR FOOD STORAGE AND HOW TO AVOID THEM". Contains vital information you'll need to know if you want to maintain and protect the quality of your storage foods and greatly extend their shelf-lives.

Bonus #5: Our \$100 value "Survival Sampler-Pak". Includes many of the "little things" you absolutely must have to stay safe after any disaster.

That's \$450 worth of Bonuses in all! We'll only be able to secure a limited quantity, so be sure to order NOW to avoid disappointment (limited to one per household).

"For those looking for high-quality survival food at reasonable prices, I recommend the first place to go is NITRO-PAK. The company takes extra care to use superior packaging of their foods. They also work to educate and serve their customers so that they get the most for their money. When you add it all up, I think NITRO-PAK is a company that's hard to beat. "

Duncan Long

Survival Expert, Newsletter Editor, & Author

These food units are going up on Dec. 1st! Now is the right time to get the food you must have and get it at the absolute rock bottom price! Moreover, if you're one of the 1st 45 lucky people to act on or before Nov. 30th, you'll get \$450 worth of FREE Bonuses — Bonuses we cannot afford to offer after this date!

HARRY'S INCREDIBLE IRON-CLAD, NO-RISK 90 DAY GUARANTEE

We take your survival seriously and fully back every item you purchase from us with our exclusive 90-DAY, NO-RISK, MONEY-BACK GUARANTEE (*less only shipping costs*). Order any of our units or products at OUR risk for a full 90 days. If anything is not right to YOUR complete satisfaction, regardless the reason, we'll make it right - Period! If you should decide to return your unit, just call us first and then simply ship it back pre-paid with the Wheat Mill. The rest of the bonuses worth \$370 are yours to keep for your trouble. I can't be any more fair than that. I personally guarantee you will be satisfied with your NITRO-PAK food unit and that you'll be glad you took this important step to protect you & your family.

If you have any questions about our storage food units or any product we offer, then call us TOLL FREE 1-800-866-4876. Our friendly staff and I will be happy to answer all your questions and assist you in your selection.

Harry R. Weyandt
President, NITRO-PAK

Bonus Certificate & Order Form



Yes, Harry!

I want the survival protection and peace of mind that your year's supply unit(s) will bring me and my family. I've decided to stop procrastinating and make sure my family and I have the storage foods we need and to get fully protected now while time is still on my side and also before your generous offer expires. Please send me the freshly canned unit(s) I've indicated below.

I understand I'll be saving up to \$1025 off your regular low per can prices on each unit I order and that these savings are "locked-in" & guaranteed only to those who order on or before Nov. 30th.

I hope I'm one of the 1st 45 lucky people to respond to your offer since I really want the **FREE \$450 bonus "SURVIVAL-PAK"!** (Limit one per household). I'd be crazy to pass you up on this deal! Harry, I also understand I'm fully protected by your 90 Day, Risk-Free, Money-Back Guarantee and that I must be completely satisfied with my purchase.

On that basis, here's my order:

Please send me: **PREMIER-PAK(s)** at your special price of \$1929.95 ea. (shipped freight collect). Unit comes in 31 cases and includes \$335 worth of Real Freeze-Dried Meats. (*Save over \$1025 off our regular per can prices!*)

PROVIDER-PAK(s) at your special price of \$1069.95 ea. (shipped freight collect). Unit comes packed in 19 cases and includes \$174 worth of Real Freeze-Dried Meats. (*Save over \$518 off our regular per can prices!*)

Our Best Deal: I prefer to save even more and enjoy greater protection. I have selected 2 or more of the units above. I have your OK to deduct an additional 5% off the total. (We'll send along a surprise mystery bonus, too!)

Name (as it appears on card) _____

Address _____

City _____ State _____ Zip _____

Confirmation Phone # (____) _____

Payment: \$ _____ Check or circle which Card



Card Number _____ Exp. Date _____

Signature _____



Call (or write) for our latest CATALOG showing our full range of preparedness products. Only \$3.00 or FREE with any order.

If mailing in your order send it with your check to: **NITRO-PAK**

Preparedness Center, 13309 Rosecrans Ave., Santa Fe Springs, CA 90670

**For Immediate Service, Credit Card
Customers Can Order Toll-Free:**

1-800-866-4876

**Mon - Fri 9am - 5pm, Sat. 9am - 2pm (PST)
FAX your order 24 hrs (213) 802-2635**

**Sale Positively
Expires Nov. 30, 1991
at 12 Noon (PST)**

FALL SPECIALS FROM NITRO-PAK



ANNOUNCING THE GRAND OPENING OF OUR NEW SHOWROOM & FULFILLMENT CENTER!!

NITRO-PAK is proud to announce the GRAND OPENING of our new showroom and mail order fulfillment center located in Santa Fe Springs (just 200 ft. east of our old address). Thanks to friends and loyal customers like you, we've continued to rapidly grow. Our new location is now **TRIPLE** in size! All our operations have been upgraded and inventory increased to meet all your preparedness & survival needs and serve you even better!

Of course, even with our continuing growth, we still pride ourselves in personalized customer service above all we do. Our knowledgeable customer service representatives are eager to assist you in answering your questions and quickly process your order. NITRO-PAK's 90 Day 100% Satisfaction Guarantee continues to lead the industry as does our other customer price protections. Why not take a moment now to check out the specials and call us with your order today.

We now offer you the convenience of charging your order to either your **Discover Card** or **American Express Card** in addition to your VISA or Master Card without any service fee! For those in a hurry, you can now request **AIRBORNE EXPRESS** next day or second day delivery. Call for our special low rates.

In closing, all of us here at NITRO-PAK want to thank you for your continued support that has made this growth possible. We never lose sight of that fact.

P.S. Be one of the first 50 people to order from this ad and receive a special Bonus Gift (a \$5 value) — **FREE**. Avoid disappointment, order NOW!

Harry R. Weyandt

Harry R. Weyandt, President

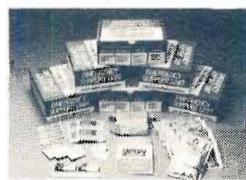
Grand Opening Super Specials



Solar Dynamo Am/Fm Radio

You'll never need to worry about this radio's batteries going dead or missing an emergency report. Runs off the sun using its solar panel, internal ni-cad battery, your AA batteries, or by recharging its ni-cad battery using its built-in generator! A must for every survival kit. Get several at this low price. Excellent gift idea!

Super Deal!
Was \$36.95 **22⁹⁵**
(3.95 s&h*)



72 Hr. Survivor Pak

Our Survivor-Pak contains just the essentials you'll need to survive the 1st critical 72 hours after a disaster. Includes food & water rations, emergency blanket, and 1st aid items. Compact & ready to use. 5 yr. shelf-life. A great gift!

Our Lowest Price Ever! **14⁹⁵**
(4.95 s&h*)

NITRO-PAK Exclusive!



Best of the Best

from Self-Reliant Living Newsletter

Hot off the press! Over 200 condensed unbiased reviews of survival equipment and services that work! Complete with updated addresses, phone numbers & prices. Covers such reviews as communications, weapons & accessories, ammo, food & water, nuclear & personal protection, and more! A must have reference. 32 pgs.

Limited Offer
1/2 Off Cover Price **14⁹⁵**
(2.95 s&h*)



German Draeger M65 Gas Mask

with NBC filter

We recently made a special post war purchase of these Brand New Draeger M65 gas masks. This mask features large triangular eye pieces for excellent vision and has a built-in voice box for clear speaking. Comes with one std. NATO Nuclear, Biological & Chemical rated filter. Was \$49.95

Extra filters available for just \$6.95 (1.95 s&h*)

Special Purchase! **29⁹⁵**
(4.95 s&h*)



Emergency Strobe Light

Waterproof Lifesaver-
Visible up to 3 Miles!

Anyone who spends time in the great outdoors should seriously consider this Emergency Strobe as standard equipment. It's powerful Xenon strobe lamp can run up to 72 hrs. on a single 'D' cell alkaline battery. Strobe is light and compact making it a must for backpacking, boating, or off-roading. Includes attached SS clip.

Special Purchase **18⁹⁵**
(2.95 s&h*)



Emergency Drinking Water Pouches

Perfect for 72 hr. survival packs, aircraft &, boater survival kits, or any emergency use. U.S. Coast Guard Approved for lifeboat use. Case comes with 60 purified and sterilized, triple sealed 4.2 ounce foil pouches. Easy to dispense. Can safely clean wounds too. 5 year shelf-life even stored in your trunk! Can be frozen. Sugg. retail \$28.95

Lowest Price Ever! **14⁹⁵**
(7.95 s&h*)

What Others Are Saying About NITRO-PAK:

"While on business in LA last week, I made a special trip to visit your store. I can't tell you how very impressed I was with your company's huge selection of survival products and the personalized service I received. Your products were nicely displayed and just as they are presented in your catalog. One would have to spend hours of browsing through dozens survival & camping catalogs plus running around visiting a like amount of Sporting Goods & Surplus stores, just to find half the things you offer. After visiting with you, I went to visit

another 'competitor'. The difference was as night-is-to-day. From my own personal experience, I know now why NITRO-PAK is always rated so highly. I feel confident that when I order by mail from you, I will receive quality merchandise, fair prices, and the best service possible. It's pleasing to know there's still a company around who values their customers so much and guarantees their satisfaction! I'll soon be sending you another order."

Lyndall (Red) Shields
Salesman, Azle, Texas

"NITRO-PAK offers more than just good service and prices — everything they sell is carefully researched and really works, helping you become more self-reliant without wasting your time and money."

Carl E. Krupp
Editor & Publisher, Self-Reliant Living Newsletter

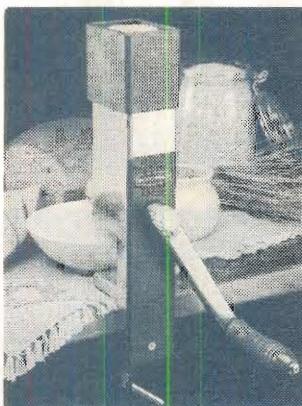
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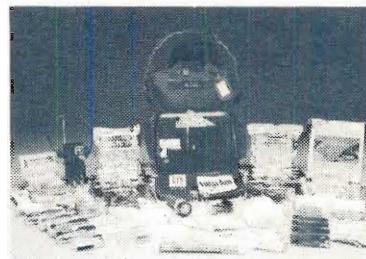
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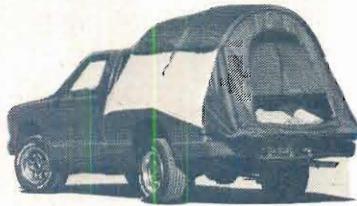
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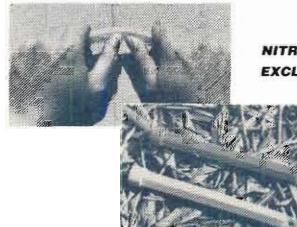
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Concealed Carry

'I dropped my books and keys and spun towards him, drawing my Smith 49 as I turned. Drop It! I shouted as I began to apply pressure to the trigger...'



In drawing a weapon from beneath a jacket, sweat shirt, etc., it's essential to pull the covering clothing well clear before pulling the gun.

By Ed Stanulis

IT was a few minutes past 9 p.m. and the library had just closed for the evening.

It was not yet completely dark, but the lights were on in the parking lot. The main library is located in one of the worst sections of town. My car sat alone at the far end of the parking area. It had been the only spot I could find when I had arrived earlier in the evening.

I try to be aware of what is going on around me all of the time so I immediately noticed the piece of human excrement hurrying towards me across the parking lot. The area was lit well enough for me to see some kind of object in his right hand and it appeared to be a knife.

I began to hurry towards the car. My keys and books were in my left hand and I was keeping my right hand free. When I was about two feet from my car and he was about 15 feet from me he yelled, "Give up the money mother f----!"

I dropped my books and keys and spun towards him, drawing my Smith 49 as I turned. "Drop it!" I shouted as I began to apply pressure to the trigger.

Whether it was the menace in my voice or the polished muzzle which did it, I don't know, but that dude was turned around and gone in a flash. I did a three-sixty scan to make sure other trouble wasn't coming my way and in the process I noticed that what he had dropped was a screw driver. Was I going to shoot him? Absolutely!

Grabbing my books and keys, I jumped in the car and got the hell out

of there. While I had saved my bacon I had also broken the law. I had been carrying a concealed weapon. The state in which I live has no concealed carry law.

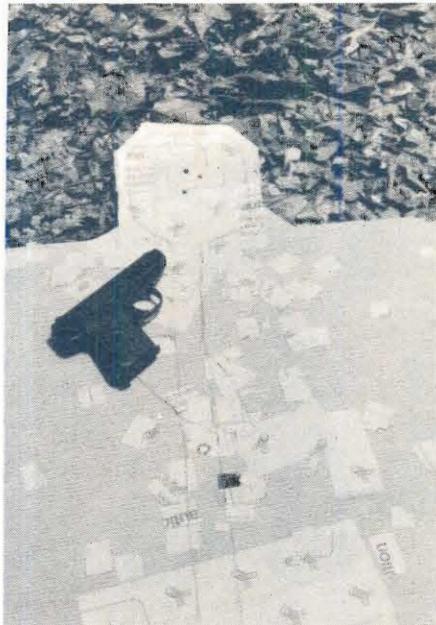
Was it worth it? You damn well better believe it was! For years I worked for several federal agencies and got to see violence and victims up close and personal. I had long ago resolved to make myself a very poor victim.

Make no mistake about it! The streets are mean. This savagery and violence is not confined to the inner core of big cities. These days your chances of being set upon anywhere have risen dramatically no matter where you live. Just one of the fringe benefits of a mobile society.

The fact that my state has no concealed carry laws makes it no different



Three-shot rapid fire groups with S&W Model 49 and Jennings J-22 from 10 feet.



than many other states with the possible exception of Florida. In those states that have a concealed carry law only the wealthy and the influential, regardless of which side of the law they are on, can take advantage of it.

A perfect example is New York City. Almost 50 percent of the individuals who apply for concealed carry permits are doctors. Will you ever see a working stiff fresh from the construction site or a secretary standing in line for a carry permit? While it is possible the odds are about 99 to 1 against it and about a million to one of these persons getting a carry permit. My understanding is that there is one individual in New York City who charges several thousand dollars per application to guide you through it. If nothing else lets in the light that ought to tell you something.

Then what is a person to do? You can carry mace or a stun gun but in many jurisdictions they are illegal. You can imprison yourself and your family in your home behind barred doors and windows venturing out only in daylight to work or school. You can go about your business as if all was right in the world and possibly become a statistic or... you can go about armed. In some circumstances you may legally carry a loaded, concealed weapon. I do not advocate illegal carry. It's up to you to know the law in your jurisdiction.

The decision to go armed should not be taken lightly. If you have to use your weapon and are not legally able to carry in that instance, very likely you will be arrested, tried and you

might have to spend a little or a lot of time in jail. Count on making a trip to civil court too.

Will the police be on your side assuming you were right morally and legally? Very likely not! The attitudes of law enforcement personnel are merely a reflection of society in general. While they may be slightly more conservative than the general public this conservatism does not extend to the Second Amendment. The more formal education they have the less likely they are to favor private possession of firearms, let alone carrying a concealed weapon illegally.

To a prosecutor or a judge you are a vigilante in the very worst sense. Remember, by carrying a gun you have stated that they either can not, have not, or will not do their jobs. As I noted before I was once a federal officer. I can only think of three other officers of the hundreds I knew that were in favor of private ownership of firearms let alone handguns. So is it worth it? Only you can be the judge of that.

Having made the decision to carry you must choose a firearm. You must carry this firearm in the same manner each time. This gun must have one characteristic above all others. It must be very concealable!

My personal weapon is a Smith & Wesson Model 49 Bodyguard. This gun was purchased a couple of years ago. If I were going to change today it would either be a S&W 640 or 940 with a two-inch barrel. The stainless steel would do much better next to my chubby bod.

But why the little snub rather than good old Govt. Model .45? You've got

to keep the first rule in mind... concealability. For years I practiced as often as I could with my .45. What I gradually came to realize was that when I went out and I was carrying, it was either an Iver Johnson TP-22 or my S&W 49 and with neither of those guns did I spend much time practicing.

It was decision time again. While I prefer the .45, it is much, much more difficult to conceal. Keep this in mind. It is something to think about time and time again.

The ammunition which I use in my weapon is home grown fodder. A mixture of 148-grain soft lead hollow base wad-cutters with over 3.6 grains of Bullseye and a small pistol primer. Inverted these HBWCs are awesome. They don't tumble and they open up to about .75 caliber but because of the legal ramifications and my doubts as to how they would do at any distance I do not recommend them.

The bullets themselves are swaged by BDX of Kalispell, MT. They also make an excellent 158-grain SWC hollow point which I use in a Model 10 I have. The 148-grain load is accurate and controllable.

For first shot stops the place to aim is the nose. A gently swinging water balloon is an excellent target to practice on. I carry at least one reload with me. As you can see from the photographs I have cut down rifle cartridge sleeves into speed strips. These are very concealable unlike a speed loader.

A good holster is essential. The one that works best for me is a plain old



Drawing a .45 from an inside-the-pants holster.

Concealed Carry



The author's personal weapons.

Uncle Mike's inside-the-pants model. On two occasions I have been loaned a Milt Sparks Summer Special. I found this to be a good holster for concealment. If I ever switch it will be to one of these.

After you decide what you are going to carry you will have to decide on what tactics you are going to use. Think about different situations you could find yourself in. Have a simple plan.

Consider for a minute that situation I had found myself in at the library. I had thought a number of times about a situation like that arising and thought out just what I would do. Picture different scenarios in your mind. What would you do if you were in the back of a convenience store when it was robbed? What would you do if you were standing at the register? What if your wife or child was with you?

Practice, practice, practice! There is no way this can be over stressed. No matter what kind of gun you have it is not going to do the job if you don't put the bullet where it is supposed to go. I'd rather be missed by a .45 Win. Magnum then get a .22 short in the eye.

I fire a minimum of 50 rounds a week and spend at least a half hour a week practicing drawing the weapon and firing. The later is done with spent shells from which the primer has been removed and replaced with silicone. After it sets, the silicone primer is trimmed to match the case. This prevents damage to the firing pin.

Last but certainly not least, let me give you some cardinal rules for carry. Don't ever go into a bar or tavern while



Drawing a .38 snubby revolver from an ankle holster.

you are carrying. Don't enter into arguments with friends or strangers.

If someone decides that your left ear resembles another orifice, laugh, walk away, but be sure to look in the mirror when you get home.

Don't tell anyone you carry. My wife knows only because we have discussed what she is to do or not to do should bad times arrive.

Don't flash! The guy or girl you are trying to impress just might be a member of the local constabulary. This will probably get you a trip to the crossbar hotel and cost you your gun. Common sense and preparedness will carry you a long, long way. Everything else is luck! ●

TO THE POINT

(Continued from page 6)

dishing weapons. He was able to quickly maneuver his car around them and escape. But now he always carries a large capacity pistol in his car.

Suppose you are a shopkeeper in south central Los Angeles, or a rough section of Detroit, Miami, wherever. You're all alone one day. Six armed hoods walk into your shop to try to extort protection money from you. You're on their turf. An M1 Carbine with 15- or 30-round magazine in the shopkeeper's hands makes a lot of sense in this scenario. No guarantee of safety or peace, but he sure ain't defenseless.

You live in a small, poor town in South Carolina hit hard by Hurricane Hugo. There's no power, no law enforcement, no food or gas available. Looters show up in front of your home to take what they want and do what they will. How'd you like to have an AR-15 with 20- or 30-round magazine (and maybe a few more in a pouch on your belt)? They'd probably think twice before messing with you or your family.

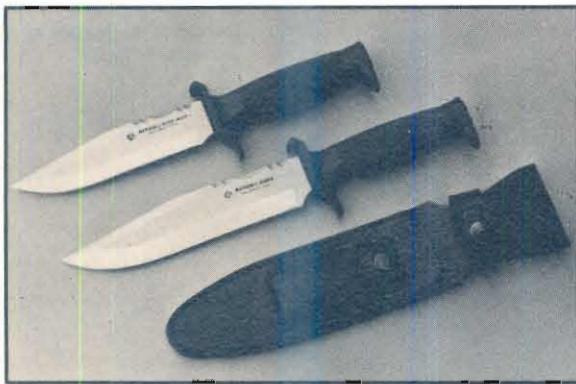
Likewise, you're living in California after a devastating earthquake and tsunami waves throw the area into chaos for several days. Again, there's no law enforcement available and a group of scruffy looking characters show up from a nearby ghetto and start attacking and robbing people. Wouldn't it be nice if someone among your neighbors had a fully loaded Spas-12 shotgun or a semiauto Mac-10?

Remember the race riot a few years ago in Miami? Didn't residents of some parts of that town protect their homes with guns?

Come to think of it, there are plenty such scenarios which have actually happened or could well happen at any time in which people with the knowledge and firepower are able to save themselves, their friends, loved ones and neighbors. Of course you don't always expect, or want, to be confronted with such a situation. But you could be. This alone is reason enough for owning powerful, large capacity firearms.

The ownership and use of any firearm carries with it great responsibility. You must train with your guns and learn how to use them safely and responsibly. A government which doesn't believe its citizens are capable of such responsibility doesn't deserve their respect, or their allegiance — Jim Benson.

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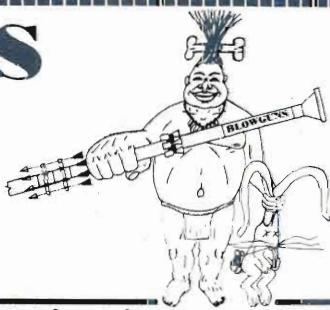
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Modified SKS

Six Corp.:

*This altered Chinese import
accepts AK 'banana' magazines...*

Staff Evaluation

HERE in California, Chinese-made SKS rifles, which fire the Soviet M1943 (AK-47) round, are commonly sold in gun stores.

Besides the standard fixed 10-round internal magazine SKS type which is loaded with stripper clips, it was also easy to find SKS rifles converted to take the detachable Kalashnikov 30-round "banana" magazines.

In their infinite wisdom, California's arrogant leftist state legislators decided that the latter type of SKS rifles were just too dangerous for ordinary citizens to be trusted with and the 30-round detachable magazine type SKS guns were banned under the *Robert-Roos Assault Weapon Control Act of 1989*.

We've recently come across a modified SKS imported from China which, at this writing at least, is legal for sale in California and which takes the detachable AK magazines. It's made by Six Corp. of the People's Republic of China and is referred to as the SKS-5.

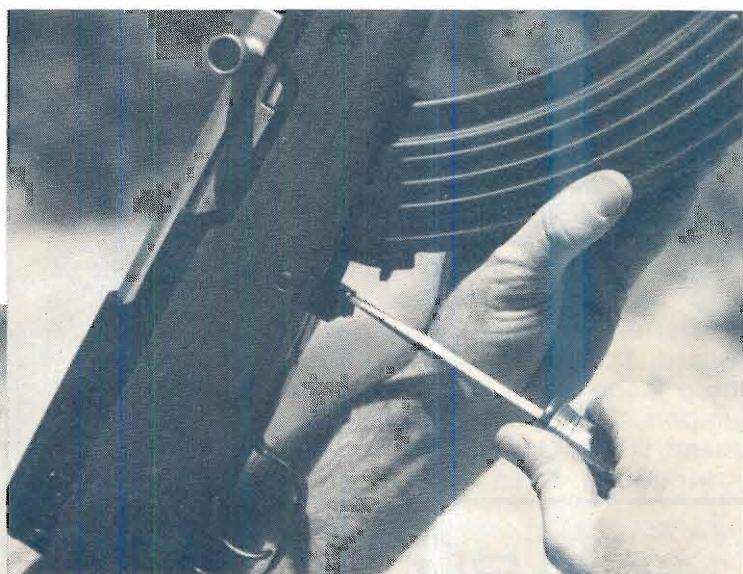
Its magazine release has been removed — or rather the thumb-operated lever of the release — so the rifle's operator must use a large flathead screw driver or similar tool to remove the magazine. There is also no bayonet or bayonet mount on these rifles, actually carbines. The SKS was designed as a carbine.

Other than these changes, this is the same gas-operated semiautomatic military type SKS of Soviet origin which

The SKS-5 is pleasant to shoot and quite accurate.



The SKS-5 is well made and nicely finished.



The thumb-operated magazine release lever has been removed and a large flathead screwdriver or similar tool is required to remove the magazines.





There is no bayonet or mount for a bayonet on this rifle.



Safety lever is located on the right side of the trigger.



Sights are standard adjustable SKS-type.

was designed as the tactical equivalent of the U.S. M1 or M14 service rifles but which is now considered obsolete as a military weapon for most military forces in the world.

Our sample SKS-5 has the standard cleaning rod and cleaning gear stored in the butt. The stock is typical varnished brown wood found on many

Chinese rifles. Weight empty (without magazine) is 7 pounds, 4 ounces. Referred to as the "Cowboy's Companion size," the SKS-5 is about 36 inches overall in length with a 16-inch barrel. Sights are the standard adjustable front post with protective ring and adjustable (for distance) rear leaf sight with V-notch.

The SKS-5 is sold for the special price of \$269 including two 30-round magazines and one 5-round magazine. It's available from Beach Cities Armoury, Dept. ASG, 1103 Aviation Blvd., Hermosa Beach, CA 90254; (213) 374-2227; fax (213) 376-6640; for more information call and ask to speak with Cliff Van Guilder. ▀

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Ballistic Armor

(Continued from page 37)

Keeping Cool — Fortunately there are ways to decrease heat retention and moisture under a vest. Vest manufacturers offer special Tshirts and cotton "carriers" that, when used in conjunction with a vest, help cool a wearer. Minimizing the regular clothing worn over the vest will also help and, on modular vests, a wearer may also remove the side panels or even back panels in order to decrease the weight and heat retention of the vest without totally sacrificing all of his protection.

There are a number of companies which currently offer ballistic armor. With vests, Second Chance (the first company to offer "soft" armor) is the best known and has long been a favorite in the law-enforcement community. Other well-known companies include Point Blank, Safariland, and Silent Partner. All these manufacturers are first choice for those wanting ballistic vests, though other smaller companies (listed below) also make excellent products.

It should be remembered that armor manufacturers are concerned about their products falling into the hands of criminals. But, as one manufacturer said during an interview for this article, "Citizens have the right to the protection offered by a vest." Therefore, provided a would-be buyer can demonstrate a true need for a vest in his line of work or because of other dangerous situations, most armor manufacturers will be happy to sell their products to him.

There are a number of types of vests to choose from varying from military/SWAT-style tactical armor to the under-the-clothing concealed vests. Also of interest to many would-be purchasers are "quilted" vests which look like nylon wind breakers but actually accept ballistic panels; "dress vests" can be worn with a sports coat or suit and are ideal for businessmen concerned about being attacked or kidnapped. The main thing is to purchase a vest that YOU will wear when you think you might need it. Don't purchase something that you won't be using because it is too bulky or too hot to wear.

Head gear is also available which gives you added protection from bullets. Polycarbonate safety goggles and sunglasses, while not designed as armor, can often stop low-velocity .22 rounds and shotgun pellets. They will also

help to protect your eyes from fragments created from ricochets (an important consideration considering how fragile the surface of the eye is).

Currently Jones Optical offers a wide range of "designer" sunglasses as well as ski goggles made of polycarbonate. Brigade Quartermasters carries similar eye wear including the famous "Gargoyles" that are currently accepted wear in the U.S. Army and were first made famous in movies featuring Clint Eastwood and Arnold Schwarzenegger as well as less expensive "Sun Goggles." Cost for such high-fashion protection varies according to the model and color of lens but will generally be under \$60 to \$80.

Ballistic armor in the form of helmets and hats are also available to citizens. Silent Partner, for example, offers a baseball cap with a ballistic insert in its front. While this isn't the perfect solution to protecting the head (due to blunt trauma that's transferred to the skull and the fact that the panel is only in the front of the cap), it definitely beats the attic ventilation created by a gunshot wound. Baseball caps are also inconspicuous in most areas of the U.S.

Military ballistic helmets are at the other end of the "low-profile" scale. But there may be times when they're called for and — for those in the middle of a gun battle — they're hard to beat. The best helmets currently available are those created for the Israeli and U.S. Armies; both these helmets are available to American civilians.

Sherwood International imports the Israeli helmet (cost is \$150) and Sierra Supply offers the U.S. "Fritz" helmet (for from \$70 for small and medium sizes to \$80 for a large size with chin straps and padding costing another \$11). Both of these helmets offer unbelievable protection considering their light weight: either will defeat most 9mm and .357 Magnum slugs. And, for those wanting a ballistic face shield capable of Level II-A protection, this is available, too, from Patriot Distribution Company in the form of a transparent, polycarbonate visor.

Those wanting ballistic armor should write or call the companies listed below and then pore over the catalogs, giving some thought so they can select ballistic armor that suits personal needs, remembering that armor must be practical so it will be worn when



Sherwood International's imported Israeli ballistic helmet, shown here with the now-famous "Gargoyles" polycarbonate sunglasses.

it's needed.

And those wearing armor should remember it doesn't turn them into a superman. Rather, it greatly improves their chances of survival. •

List of Sources of Ballistic Equipment

Brigade Quartermasters, Ltd.

1025 Cobb International Blvd.
Kennesaw, GA 30144-4349
404-428-1248

("Gargoyles" polycarbonate glasses)

Jones Optical Company

P.O. Box 3096
Boulder, CO 80307
303-447-8727

(Polycarbonate glasses and goggles)

Patriot Distribution Company

2872 S. Wentworth
Milwaukee, WI 53207
414-769-0760

(Ballistic visors)

Point Blank

185 Dixon Ave.
Amityville, NY 11701
516-842-3900

(Ballistic vests, composite armor, etc.)

Protective Apparel Corp. of America

371 E. Norris Rd.
Norris, TN 37828
615-494-8510

(Ballistic vests, composite armor, etc.)

Progressive Technologies of America

2807-A Merrilee Dr.
Fairfax, VA 22031
800-421-8264

(Ballistic vests, composite armor)

Safariland, LTD

3120 East Mission Blvd.
Ontario, CA 91761
714-923-7300

(Ballistic vests)

Second Chance Body Armor, Inc.

P.O. Box 578
Central Lake, MI 49622
800-253-7090

(Ballistic armor)

Sherwood International

18714 Parthenia St.
Northridge, CA 91324
800-423-5237

(Israeli ballistic helmet)

Sierra Supply

P.O. Box 1390
Durango, CO 81301
303-259-1822

(US Military "Fritz" ballistic helmet)

Silent Partner, Inc.

612-18 Third St.
Gretna, LA 70053
800-321-5741

(Ballistic vests, modular body armor, etc.)

US Armor Corp.

12045 E Stauson Ave., Suite F
Santa Fe Springs, CA 90670
800-443-9798

(Ballistic Armor)



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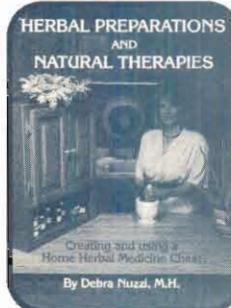
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not provided with this prize). All metal parts are phosphated (parkerized) and then given the highly rust-resistant "MAX-Coat" electrostatically applied, baked on powder coating finish. Firing pin interchangeable with

1911A1 pistols. Front sight is a fixed blade. Rear sight is an adjustable Williams V-notch. Overall length 13.75 inches. Barrel 6 inches. Sight radius 13 inches. Weight empty 5 pounds. Value: \$477.

Prizes 4

Robert Terzuola designed Gryphon M30A1 Knife from Cutlery Shoppe (Dept. ASG, 5461 Kendall Street, Boise, ID 83706-1248; phone 208-376-0430, toll free orders 800-231-1272, fax 208-376-7608). A production version of the widely respected Terzuola M30A1 Battleguard combat/field knife. Carries a full lifetime guarantee. Blade of ATS-34 steel—the best steel money can buy for a knife blade, double sub-zero quenched for maximum strength and performance. Indestructible Zytel handle with ergonomic comfortable grip checkered and striated for slip-proof hold. Comes with Blackie Collins heavy reinforced black Cordura belt sheath. Value: \$225. The second knife of Prize No. 4 is the Aitor Bushi knife from Catoctin Cutlery (Dept. ASG, P.O. Box 188, 17 S. Main St., Smithsburg, MD 21783; phone 301-824-7416, fax 301-824-6138). Weight is only about 5 ounces and the plastic sheath is only one ounce. Overall length is 10.5 inches. Blade is 5.5 inches and made of 440-B stainless with two sets of sawteeth and soft, ergonomic brown rubber handle with cross-hatch design for sure grip. Sheath has sharpening stone. Value: about \$45.

Prize No. 3

Family Water Storage Package from NITRO-PAK Home Preparedness Center (Dept. ASG, 13243 Rosecrans Ave., Santa Fe Springs, CA 90670-4940; phone 213-802-0099 or toll free outside California 800-866-4876). Includes four 30-gallon DOT and FDA approved extra heavy duty plastic water barrels, siphon water pump, bung wrench and three bottles of Aerobic 07 germicide water treatment, EPA approved. Value, \$240. Recipient must pay shipping. ASG readers responding to this write-up may purchase for \$184.95 plus \$32 shipping & handling.



Prize No. 5

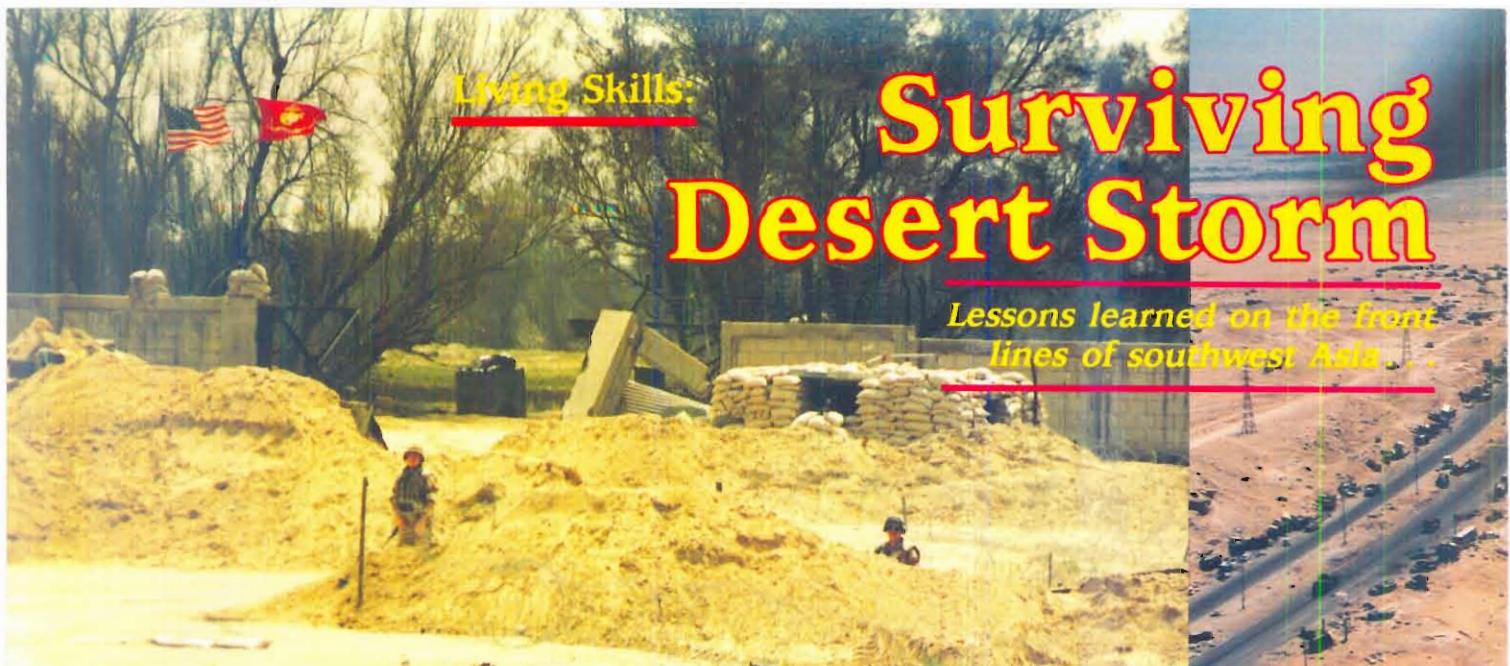
RWS Gamo Delta .177 caliber air rifle from RWS, Inc. (Dept. ASG, 105 Stonehurst Court, Northvale, NJ 07647; phone 201-767-1995; fax 201-767-1589). This prize includes extra pellets, pellet trap and targets shown in photo. The Delta is a single-shot, break-barrel (15.73-inches), spring piston rifle with carbon fiber stock. Shoots pellets at about 560 feet per second. Overall weight is only 5.3 pounds and overall length is 37 inches. Trigger pull is 3.3 pounds. Rear sight is click adjustable for windage and elevation. Trigger guard safety. Value: about \$135.



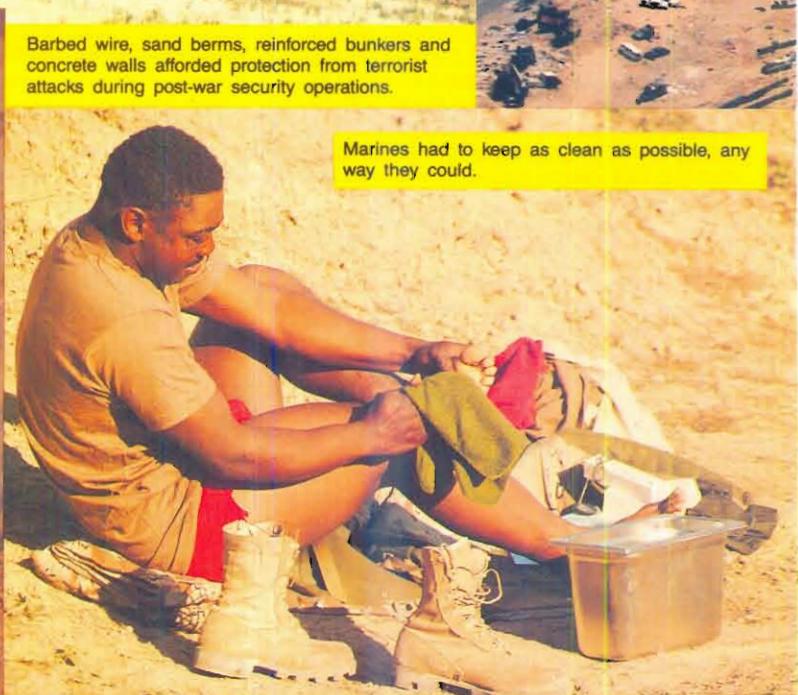
Living Skills:

Surviving Desert Storm

Lessons learned on the front lines of southwest Asia . . .



Sunglasses that filter out harmful UV and IR rays help the survivor maintain better night vision.



Marines had to keep as clean as possible, any way they could.

By Bob Newman

The author, a naturalist and outdoors writer and photographer, is a "recon" Marine parachutist and diver who served with a front line combat unit of the 2nd Marine Division during Operations Desert Shield and Desert Storm. He is the founder of L.L. Bean's Public Clinic Program's Wilderness Survival Seminar, a search and rescue instructor for the National Association for Search and Rescue, and a former instructor at the Navy's Survival-Evasion-Resistance-Escape (SERE) School in Maine — The

PERSONAL survival in southwest Asia during Operations Desert Shield and Desert Storm ran the full gamut of wartime survival scenarios.

From the downed naval aviator evading capture by the maniacal Iraqis, to his fellow flyer being beaten and abused by the same; from the Army

truck driver lost in the desert to the brazen Marine reconnaissance or "recon" team setting claymore mines to defend their hideout in the temporarily Iraqi-infested Saudi border town of Khafji; survival meant all the marbles.

Everyone involved in the now historical operations knew the risks. They knew damned well that they might return home maimed, disfigured or worse. But they chose to go, nonetheless. Their ethics took them. Their training brought them back.

Combat, for me, brought about a whole new perspective on the word "survival." My Marine training allowed me to function smoothly in the attack and in preparation for it, as one might expect. My Navy training as an Advanced SERE (Survival-Evasion-Resis-

tance-Escape) Instructor & Master Training Specialist at the Navy SERE School in the mountains of western Maine, caused me to examine hardcore aspects of wilderness survival in the brutal, unforgiving deserts of Arabia and Kuwait. Here is what I learned:

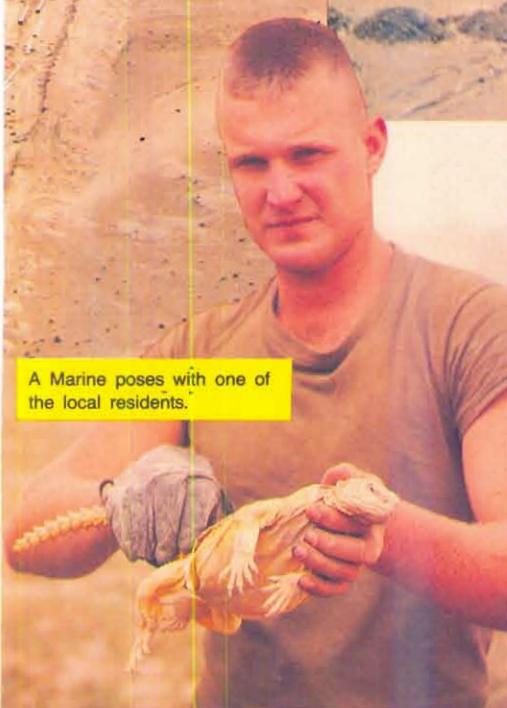
First Aid — I was wounded several times during my 4½ months in southwest Asia. That is *not* to say I was wounded by the Iraqis, however. Every wound I received was accidentally "self-inflicted." For instance: while adjusting the height of a seat in an armored vehicle, I lacerated — quite nicely, thank you — two of my fingers. Once, I managed to create an annoying hole in my scalp while hastily exiting an Iraqi bunker on the outskirts of Kuwait



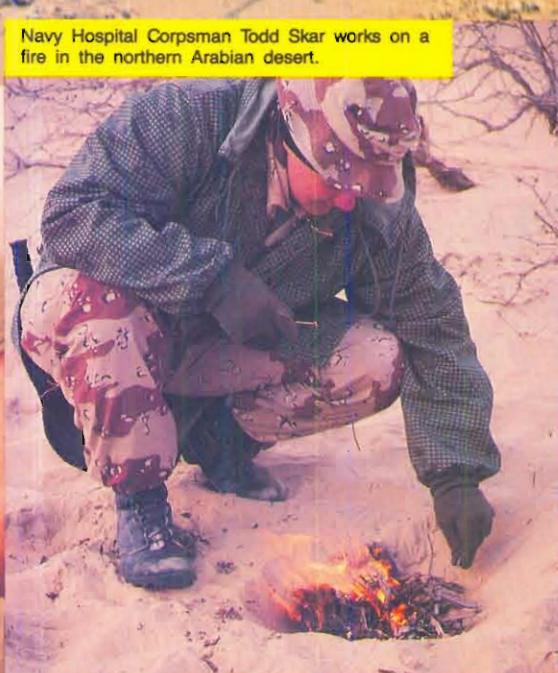
The infamous "Highway to Hell," the wreckage-strewn road leading out of Kuwait City to Iraq. Marine aircraft slaughtered the doomed Iraqis in their mostly stolen vehicles.



Fuel Air Explosive demolished this once Iraqi-infested building.



A Marine poses with one of the local residents.



Navy Hospital Corpsman Todd Skar works on a fire in the northern Arabian desert.



Camel spiders were unwelcome guests in Marines' "hootches."

City, by whacking my head on a two-by-four. Another time, I put a good strain on my back — which was already screwed-up in the first place due to my nasty habit of jumping out of airplanes — a result of digging a wide, deep hole with a small, collapsible shovel in too short a period of time. The point is this: when practicing the art of survival, be it a result of combat in a foreign land or a plane crash deep in the Yukon, first aid skills are a must.

So what to do? Go for your M.D. at Tufts? Not necessary. What you should do is undertake a program of varied, comprehensive, demanding and — very importantly — continuous medical training. Start off with a basic first aid course, such as one offered by your local chapter of the American Red

Cross. Get your cardio-pulmonary resuscitation (CPR) certificate, too. Waterborne lifesaving skills are vital as well. Look into the Red Cross's Advanced Lifesaving course, and follow that with their Advanced First Aid and Emergency Care course.

Your nearby community or technical college may offer a course of instruction designed to prepare you for certification as an Emergency Medical Technician or "EMT." And your local civilian search and rescue team, if it is sanctioned by the National Association for Search and Rescue (NASAR), can provide you with excellent training in specialized first aid skills by EMT, Paramedic or even M.D. team members.

In the deserts of southwest Asia,

untold servicemen and women had painful encounters with scorpions, and to a far lesser degree, centipedes and "camel" spiders, the latter of which is a hairy, extremely fast, ornery looking beastly about 5 inches in length. All these critters can, and do, inflict painful stings or bites, though they rarely cause death. If you are allergic to bee stings, you may also be allergic to scorpion stings. Anaphylaxis, an allergic reaction to the introduction of a normally non-lethal toxin, can be life threatening. The treatment is Epinephrine administered by hypodermic either subcutaneously or intramuscularly, followed by Cislo-Amine taken orally, which is an antihistamine. The AnaKit, made by Hollister-Stier of

(Continued on page 62)

Lightweight, Inexpensive and Delicious:

Make Your Own Trail Foods

*Backpacking food doesn't
have to be noxious
freeze-dried kibble made to go to Mars...*





A home dehydrator can be made from scrap wood found in the garage. Use a 200 watt bulb at the base for the heating element.

By Scott Stoddard

JELLY-filled donuts, a bag of Doritos and a case of soda pop will usually get you through an easy weekend overnighter of rabbit hunting or target shooting — and that's if the weather's mild. Long expeditions to remote areas of the earth however, usually require dehydrated or freeze dried foods that are as light as air but come heavily spiced to overcome the cardboard factor.

The first few days of eating commercial backpacking foods aren't bad. You're tired, hungry and anything tastes good. It's the same principle with outdoor furniture. Any flat rock will do when you're dog tired. Just being outside in gorgeous surroundings tends to block out the negative. Yet something happens to backpacking foods after the third, or at the very latest, the fourth day — everything begins to taste the same. The Turkey Tetrazzini tastes just like the Beef Stroganoff, and the Stroganoff just like the Alpine Minestrone. Is it the plastic/foil cook-in-their-own pouches, the infamous spice concoctions or something about the butane cook stove that causes this taste-the-same syndrome?

On one lengthy backpacking trip I

can remember drooling as I watched a fellow hiker plop sections of real navel orange into her mouth while I sat there munching on gorp (peanuts, M&Ms and salty raisins), and swilling down warm Tang. After a week of living on dehydrated meals you'll give just about anything for some "real" food.

Our early U.S. astronauts experienced somewhat the same problem. Space food consisted of pureed gunk packaged in plastic squeeze tubes along with their famous orange-flavored Tang. Meanwhile, Soviet cosmonauts were dining on caviar, black breads, salami and other delicacies. Today shuttle crews are favored with shrimp cocktail, teriyaki chicken, tomato eggplant casserole (one of their favorites), and many natural foods like fruits, tortillas and peanut butter.

If today's astronauts can eat more normally, certainly modern backpackers can enjoy eating foods that taste good, won't spoil, and are easy to prepare. The key to this is pre-trip planning and proper packaging. Before getting into making your own gourmet hiking meals, it's a good idea to learn how our predecessors did it.

Jerky, Pemmican — The very first backpackers on this continent were the Indians and they developed some of the best trail foods known to man. Dried meat, known as jerky, is today a favorite snack found in most convenience stores. Store bought beef jerky contains lots of salt, seasonings and extra chemicals that can make you sick on the trail. It's better to make your own so that you can control the flavor and ingredients.

Jerky can be made from venison, elk or buffalo, but is generally made from beef. A good lean round steak or flank steak will work great. Cut the meat in long thin strips against the grain. If there's any fat or gristle, remove it and throw it away. Cowboys used to sprinkle the meat with salt and pepper, a small amount of chili powder, and then simply hang it on wire lines in the sun to dry.

For more flavorful jerky, marinate the meat in a solution of two tablespoons of soy sauce, two drops of Tabasco sauce or cayenne pepper to taste, 1/4 teaspoon of salt, ground pepper and one fresh clove of garlic, minced. Place meat and marinade in a Ziploc plastic bag in the refrigerator overnight. Then drain the meat and place on the oven racks to dry. The oven should be set at 140 degrees with the oven door

partially open. Dry for about six to eight hours or until the meat turns dark and brittle. Other marinade ingredients that add a unique taste to the meat are red wine, red wine vinegar, Worcestershire sauce, minced onion, a pinch of thyme, oregano and marjoram.

One of the best known survival foods in the history of North America is pemmican. Invented by the Indians as rations for long hunting trips, pemmican was used on the Lewis and Clark Expedition as trail food and by Admiral Peary's group as a staple food during their successful journey to the North Pole.

Pemmican was made using equal parts of jerky, wild berries, and boiled fat from animals. A modern day recipe substitutes peanut butter for the fat. The ingredients to be mixed include: eight ounces of jerky pounded into powder; eight ounces of raisins or dried apricots, eight ounces of unroasted peanuts or pecans. Heat up two tablespoons of honey and four tablespoons of peanut butter until softened and then blend together with a pinch of cayenne pepper. Add to the jerky/nuts/raisin mixture and work thoroughly through the mixture. Stored in plastic bags pemmican will keep indefinitely in a cool, dry place.

Before you attempt to make your own trail foods and meals you will need to build or acquire an important piece of equipment — a food dryer. Commercial food dryers are available for about \$100 but you can make your own for about \$30. Buy the drying racks first — they will determine the width and depth of your food dryer. Metal cake cooling racks work great.



Drying racks should be the smaller square variety so that the dryer can be made tall and narrow.

Make Your Own Trail Foods



The inside temperature should be at least 100 degrees for proper drying.

Buy the square ones with dimensions of about 10 x 10 inches.

You want the dryer to be shaped more like a tall square tower rather than a low wide rectangle. Because this unit doesn't have a fan to keep air circulating it uses the principle of "warm air rises" to create the circulation. A 200 to 500 watt bulb is located at the base of the dryer. Air enters at the bottom vents, heats up, rises through the dryer racks and exits out the top vents. The temperature inside should be at least 100 degrees for proper food drying. Build the dryer frame using 1 x 2s and use masonite for the sides. Screw eyes are used to hold the door closed. Don't paint or varnish the dryer once you've built it.

When planning a menu for a wilderness outing it's best to plan for one or two small meals and one main meal at the end of the day. Trail snacks should also be provided for in-between-meal energy replenishment. On a piece of paper list the days you will be gone

on the left-hand side and on the top of the page — breakfast, lunch and dinner. If you draw lines separating the days and each meal category, you should have a page of boxes with each box representing a particular meal of the day. To figure out what to put into each box of the menu you might try one of the backpackers cookbooks at the end of this article.

The basic principle of packing food for the trail is keep it *simple* and *light*. For quick, trouble-free meals that keep well on the trail, pack hard salami, small tins of fish — tuna, shrimp, sardines — and chicken. Don't forget crackers, cheese, peanut butter, dried fruit and granola for no cook/cleanup eat-as-you-go meals. Small cans of evaporated milk can be used full strength for coffee creamer or cut 50/50 with water to use as whole milk. Yogurt is ideal for shorter trips. It will hold up for about 48 hours. And of course cheeses will just continue to age.

Black breads, pumpernickel and dense whole-wheat breads travel well on the trail. Make them at home or buy them at your local bakery. Don't slice them until you're out on the trail or you'll end up with a bag of crumbs. Bagels travel very well in a backpack.

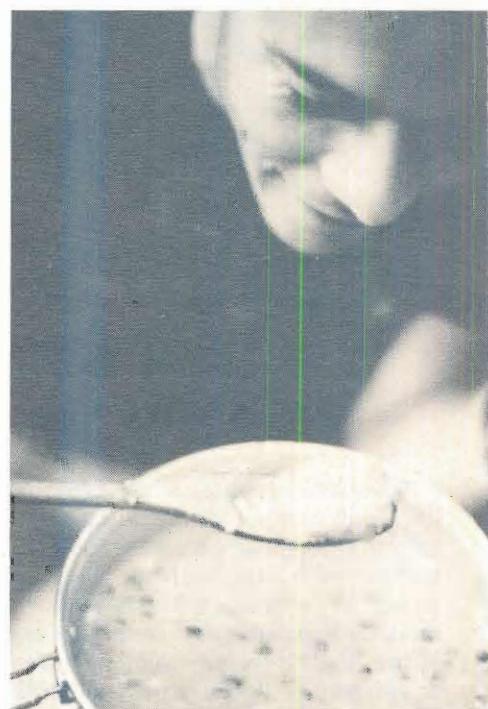
Food Packaging — When preparing meals on the trail many times you can get out of pot cleaning duty by mixing ingredients in sturdy self-locking bags like the Ziploc brand. Rehydrating dried fruits and vegetables can be done in these bags too. Use the large gallon size bags to pack each individual meal. Label the bag with a wide swatch of masking tape and mark on the tape using a waterproof marker the day and the meal (example: Saturday/Dinner). Remove unnecessary packing from grocery store bought foods (cardboard boxes, etc.) but don't forget to clip the instructions from the box and include it with the food.

If you have one of those Seal-a-Meal machines you can pre-measure mixes and powders at home, include a slip of paper with instructions, and then seal the bag from the elements. This saves time on the trail when mixing up your favorite pancake recipe or your favorite dehydrated gourmet spaghetti sauce.

Be sure to wrap individual portions of baked goods such as cookies, chews and muffins in plastic food wrap. Then

place them in a plastic bag or container. When packing your pack be sure to protect your food from spoilage or contamination by other items in the pack, such as soap, toiletries and liquid fuels. You never know when your sunscreen or insect repellent bottle will burst due to high altitude.

The weight of food to pack for each hiker varies from one to two and a half pounds per day. Of course the colder the weather, the more calories you are going to need to stoke the fires. The following are ten ways to cut down on the weight of your provisions:



Homemade trail foods are less expensive and will taste better than most commercially available backpack foods.

1. Eat less (If you can afford to be eating less you may not be in the best shape for heavy duty exercise. Your best bet is to get in shape before you go, and then eat heartily).
2. Use recipes with only the shortest cooking times to cut down on fuel.
3. Save fuel by undercooking foods slightly and letting them sit for a few moments, covered, to finish cooking.
4. Eat heavy meals first, like canned goods, fresh eggs, and rice.
5. Pack only one pot meals.
6. Use dried soups and dumplings for dinner.
7. Pack make-ahead meals to save cooking time.
8. Substitute fruit leathers for gorp, Potato Buds for rice, pasta for rice, Butter Buds for butter or margarine.
9. Keep

strictly to the pounds-per-person limit that you decide on. 10. Save water — use the one pot method in trail directions if it's offered as an alternate method.

Use your dehydrator to dry fresh fruit and vegetables. Some of the best foods to dehydrate are eggplant, bell peppers, mushrooms, carrots, tomatoes, zucchini and Gravenstein apples. I've had great luck drying vegetables out of the can. Corn and green beans dry up really nice. Avoid canned vegetables packed with heavy sodium concentrations.

We've already talked about making beef jerky. It can be added to stews and such for extra flavor. You can also bring ground beef for your meals if you dry it in your oven at home. Brown the meat in a fry pan the way you normally do and then drain off the fat. Dry it on a cookie sheet in the oven for six to eight hours at 140 degrees with the door slightly ajar. One pound of ground beef dries to six ounces, about one and a third cups. Store the dried ground beef in a Ziploc bag in the refrigerator until you're ready to go.

Meals really stand out when you use the following fresh ingredients: onions, cloves of garlic and salted butter. Fresh onion and garlic sauteed in butter will marry the flavors of anything. You can pack garlic cloves in left over 35mm film cans. In fact you can use plastic film cans for other important items such as salt and pepper, herbs and cooking oils. If you want see-through film containers, buy Fuji film. Fresh cheeses make boring meals come alive. Parmesan, Reggiano, aged Gouda and dry Jack can be carried in wide mouth plastic bottles and will last for days.

If you plan activities in the fall and winter months, supercharge your meals with extra calories, so that the body has enough fuel to fight off hypothermia and exhaustion. To whet your appetite for some cold weather camping here are two recipes from the *Hungry Hiker's Book of Good Cooking*.

Russian Black Bread

1 square unsweetened chocolate
2 cups water
1 cup bran flakes
1 cup cornmeal
2 envelopes dry yeast
1/2 cup warm water
1/4 cup oil
1/2 cup molasses
2 tablespoons brown sugar
1 tablespoon salt
1 tablespoon instant coffee

1 teaspoon crushed fennel seed
2 1/2 to 3 cups white flour
2 cups rye flour
1 cup whole-wheat flour
Glaze: 1 egg white mixed with
1 tablespoon water

Melt chocolate in 2 cups water and pour this over the bran and cornmeal in a large bowl. Let cool. Meanwhile, dissolve the yeast in 1/2 cup warm water. To the cooled bran and cornmeal, add the oil, molasses, yeast, brown sugar, salt, coffee, fennel, and 2 1/2 cups of white flour. Mix well. Add the rye and whole-wheat flours, then add more white flour until you can knead the dough (it will be sticky). Knead it for five minutes, adding more flour if necessary, then put it into a greased bowl, turn, and cover with a damp towel. Let it rise until double. Punch the dough down. Divide it in half and form each half into a ball. Set these on greased cookie sheets, cover, and let rise until nearly double, about 30 minutes. Brush the loaves with a mixture of egg white and water. Bake at 375 degrees for 50 to 60 minutes, until the loaf sounds hollow when tapped — the crust should be very dark. Cool on racks.

For winter meals when you need to pack as many calories into your meals as possible, make up a soup that positively brims with delicious nutrients. As well as containing plenty of vitamins, carbohydrates, fats, and protein, Super Soup has the advantage of using up the odds and ends of dried vegetables that you have left over from making more refined recipes. And a very tasty soup it is, too! Dumplings make it a complete meal. Note: milk does not boil well — it froths and boils over and makes a general nuisance of itself, so add it only in the last few minutes of cooking.

Super Soup

1/3 cup barley
1/3 cup lentils
1/3 cup Potato Buds, or 1/4 cup instant potato powder
2 beef bouillon cubes
1 cup dried sliced vegetables
1 tablespoon dried meat
A pinch each of thyme and marjoram
1/2 cup dry milk
3 tablespoons butter or margarine
1/4 cup grated or cut cheese
(optional) 1 cup biscuit mix packed in its own bag for dumplings

Put into one bag everything except the milk, butter or margarine, and

grated cheese. Trail directions: 1. Put the soup into a pot with 4 1/2 cups water. Bring to boil, then simmer for 1/2 hour. 2. During the last five minutes, stir in 1/2 cup dry milk and 3 tablespoons butter or margarine. Add cut or grated cheese. 3. To make dumplings add 1/4 cup water to 1 cup biscuit mix and make a stiff batter. Form into balls about the size of ping-pong balls, and float them on top of the soup. Cover so they steam and cook until done, during the last 20 minutes' cooking time. ●

Outdoor Foods Information Access

For more information on preparing your own trail foods and backpacking meals the following books are available:

Wilderness Cuisine, by Carole Latimer. Wilderness Press. (800) 443-7227. Carole Latimer leads women on her *Call of the Wild* wilderness trips. Imagine after hiking six hours at 9,000 or 10,000 feet and staggering into camp at the end of the day you are treated to Thai lemongrass-coconut-milk soup, Mexican tabouli salad, a main dish of puttanesca with goat cheese and angel hair pasta, fresh-baked cornbread served with home-canned rhubarb-raspberry jam, ginseng tea and a desert of flaming cherries jubilee!

Original Cowboy Cookbook, Authentic recipes from bunkhouse, chuck wagon, cook shack, line shack, saloon, trail drive cooking and main house cooking, by Wild Wes Medley. Original Western Publications, 1020 Mt. Vernon Rd., Hurricane, West Virginia 25526. This book doesn't exactly contain backpacking food but the recipes date back to the 1840s where western outdoor cooking was born. Chapters include: Everyday Cooking, Sauces and Gravies, Breads and Biscuits, Desserts and Candy, Curing and Preserves, Cowboy Remedies and a Special Barbecue Section (worth the price of the whole book).

The Hungry Hiker's Book of Good Cooking, The first cookbook for backpackers (and canoeists and campers) that makes possible superb meals on the trail, by Gretchen McHugh. Recreational Equipment Inc., P.O. Box 88125, Seattle, WA 98138-2125. (800) 426-4840. Consider this the do-it-yourself backpacker food bible. Learn how to prepare ahead with fresh ingredients your own delicious, home-dried foods and mixes, and then how to transform them easily into wonderful dishes over a camp stove or fire. More than 135 recipes from hearty soups and stews with dumplings to pilafs and pastas, from delectable stir-frys to skillet-baked breads.

The Wilderness Ranger Cookbook, San Juan National Forest Association, P.O. Box 2261, Durango, CO 81302; (303) 385-4634. When you spend weeks at a time in the backcountry, you come up with some fairly creative and tasty recipes. So it just makes sense that the people employed by the forest service, the wilderness rangers, would come up with a fantastic cookbook of trail recipes. The 112 page collection contains 80 recipes including: Regurgitate de la Prospector con Yama, Sauteed Chanterelles, and Backcountry Cheesecake. The book includes the full text of The Wilderness Act, and contains lots of wilderness facts and history, with personal reflections about the wild places visited by the contributing rangers.

Medical Evacuations

(Continued from page 27)

effecting the evacuation. Is your party large enough and experienced enough? Do you have the supplies, knowledge and innovative skills necessary to build a suitable litter or other device? Can you move the victim without causing further damage? Is a practical land route available?

Evacuating without outside help is serious business. It is recommended only if professional rescue is not available or not fast enough, or if the victim or group is endangered by staying in place. However, if your group is large and experienced, the terrain easy, and the distance short, you may wish to choose self evacuation. The best choice may be to meet the rescue team halfway.

Self Evacuation — If you decide to evacuate without outside help, you must select a route and a method. Both are dictated by the terrain, the victim's injuries, and the supplies and capabilities of your group. Several rules apply: never move the victim unless you know where you are going; always test the device with an uninjured person first; and never leave the victim alone. Package the victim well: pad under him, cover him, and strap him comfortably, but securely in place. Immobilize injuries completely.

Normally the victim is carried on his back with his head uphill, especially over rough terrain. To treat for shock, carry the litter flat. For first aid reasons, the victim may be placed on his stomach. If straightening the victim's body from another position causes pain, package the victim as comfortably as possible in that position. The most important thing about carrying a litter in an evacuation is the smoothness of the ride, not the position of the victim.

Mild terrain, where rescuers need not be belayed, allows many choices of route and device. Where trails are not available, choose the easiest route possible. Even the best route over mild terrain may include scree or snow fields, sloping rock, and dense timber or brush.

A traditional litter or stretcher is probably the easiest device to build and use. The best improvised litter has light, stiff side poles and a sturdy fabric bed. When the litter poles are attached to sturdy, almost empty backpacks, the carriers can move easily

HELICOPTER ASSISTED RESCUE

An increasing number of remote rescues now involve aircraft, especially helicopters. The following information may be helpful.

A good landing spot for a helicopter is level, free of obstacles and debris, and at least 100 feet in diameter. You can mark the landing zone with the international symbol of a triangle. Pilots prefer to have an approach and departure corridor that is at least 100 feet wide and free of obstacles. To help show wind direction, build a smoky fire, make a wind indicator from strips of flagging, or stand *upwind* of the landing zone with your arms outstretched toward it.

Protect your eyes and the victim from debris kicked up by the rotor blades. Stay well away from the landing zone until the pilot beckons you closer. Rotor blades may dip within five feet of the ground on the level, so always approach in a crouch. Never approach from a site higher than the helicopter and avoid the tail rotor.

handle the weight. Other varieties of litters can be made from long looped and knotted ropes.

On a smooth trail, two litter bearers may be adequate if a second team of carriers can alternate with them. As the footing becomes more slippery or rough, a minimum of six carriers is recommended to prevent the litter from dropping if a carrier stumbles. Over even more difficult terrain, rescuers can stand in two lines and pass the litter along from hand to hand. A rope may be used to guide a stretcher over rough ground.

If the victim is small and does not require a litter, a strong rescuer could choose from a variety of solo carries. Similar to the piggyback carry, but much less fatiguing is the split coil carry. For this carry, split a coil of rope in half and place the victim's legs through the loops. Then slip your arms through the coils and lift the victim like a backpack. Another solo carry is the backpack carry. For this, cut leg holes in a large backpack so the victim

Recommended reading:

Auerbach, P.S. 1986. *Medicine For The Outdoors. A Guide to Emergency Medical Procedures and First Aid.* Little, Brown and Co., Boston, MA. 347 p.

Grant, H.S. and R.H. Murray Jr. 1978. *Emergency Care.* Prentice-Hall, Bowie, MD. 546 p.

May, W.G. 1972. *Mountain Search and Rescue Techniques.* Rocky Mt. Rescue Group, Boulder, CO. 301 p.

sits in it like a child sits in a child carrier. Other one- and two-rescuer carries are described in the recommended readings.

In the winter a simple sled can be made from the victim's skis and poles. In practice we found the sled to be practical in a limited number of circumstances: downhill; on fast snow such as a solid crust; with a very light victim or a very strong puller; or with multiple pullers. Uphill would be virtually impossible, as would steep downhills. To place the strain on padded shoulder straps and waist belt, tie the cords from the sled to the puller's backpack. This is comfortable and leaves the arms free for poling.

If you are near water and have a boat, this can be a great way to move someone. Even a sailboard or small raft would work. Leave the victim in the litter, but remove the straps. Exercise extreme caution — an injured person could easily drown if your boat capsized.

Use your imagination! If you have horses, perhaps a travois is possible. A litter could be secured across the back of a four-wheeler. The wheels from a mountain bike could be used to create a cart. Remember though, that these vehicles may be better used as a means for summoning professional help.

On technical terrain where rescuers and victim must be belayed for safety, evacuation requires more equipment and more technical expertise. The best route may include lowering the victim down a rock face. With the right skills and supplies this can be the quickest and least traumatic way to move a victim. A direct lower can help you bypass more difficult terrain and can significantly shorten the distance to be traveled. A slightly injured victim can be lowered in a rope seat. Loaded litters can be lowered in either a horizontal or vertical position. Do not attempt these or other technical evacuation techniques unless you are qualified to do so.

This article is not a substitute for instruction and practice with evacuation techniques. Considerable skill is needed to evacuate a victim safely and comfortably. Before attempting an evacuation on your own, be honest. Is an evacuation necessary? Is it wise to do it without help? Remember, evacuation is for the victim, not for your ego. ●



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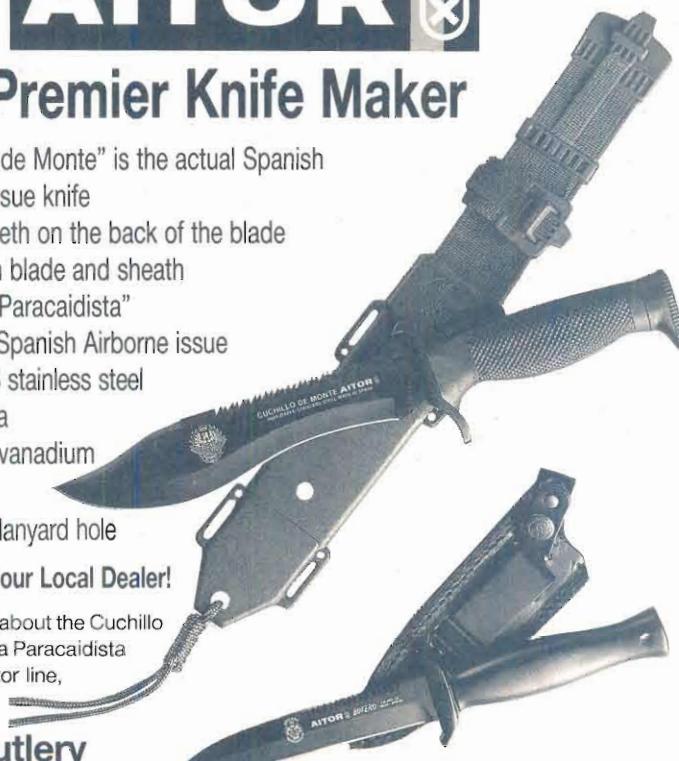
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Surviving Desert Storm

(Continued from page 55)

Spokane, is a compact kit for treating someone who is suffering from an allergic reaction such as this. Read the directions for the use of this kit carefully and pay attention to the expiration date. They are available by prescription only.

The environment you expect to be in will dictate what medical supplies you need to have afield. Study that environment before you get underway for it. Gear up mentally and physically. You may be surprised at what you can handle.

Signals — We know that there are two categories of signals: audio and visual. Only one's imagination limits what signals could be used in a desert survival situation, but certain environmental factors will determine their relative effectiveness. Prior preparation is again the key to success.

My personal signal kit during Operations Desert Shield and Desert Storm consisted of a Zip-Loc freezer bag containing a sturdy plastic whistle, shatter-resistant signal mirror, assorted Cyalume sticks, a survival blanket which is international orange on one side and silver on the reverse, a military style smoke/flare device and a pop-up "pencil" flare launcher with several flares.

Allied aircraft ruled the skies over Saudi Arabia, Kuwait and Iraq from the time the balloon went up until the bitter end. Had I needed to, I am confident I could have gotten an aircraft's attention with minimal effort by using one of the signals in my kit. During daylight hours, a signal mirror would probably have done the trick. However, Saddam's henchmen had set alight a total of 534 oil wells in Kuwait in the waning days of the war when they came to the stark realization that they were about to get their collective rears handed to them in a grand manner. This created an artificial — albeit most impressive — twilight which from time to time completely blocked out sunlight. The result was a surrealist "nuclear winter" effect which would have rendered a signal mirror useless. In this case, I would probably have gone with a flare.

Strange things can happen when trying to signal an aircraft. For instance: never direct the flash of a signal mirror directly onto the cockpit. It could adversely affect the pilot's vision, a cir-

cumstance one should strive to avoid. Flash the plane's fuselage instead.

In 1968, a young naval flight officer by the name of Bob Fant was in his F-4 Phantom jet on a bombing mission over North Vietnam when it was struck and crippled by ground fire and he was forced to eject. A fellow flier near Bob apparently mistook Bob's ejection seat rocket for a surface-to-air (SAM) missile and immediately took evasive action away from it. Because no other fliers near Bob saw him eject, he was listed as MIA for many months, when in fact we was a POW.

Given the above scenario and the fact that less than perfect visibility was common in the Gulf War, I would have given some extra thought to using my pencil flare to signal an aircraft. I could conceivably be mistaken for tracer ground fire being directed skyward, causing the pilot to veer away. This would be bad for morale in general and would be most annoying.

Fire — My southwest Asia fire kit was simple: A Zip-Loc freezer bag, but this time it was stuffed with wooden tongue depressors, a magnesium block with striker, a "metal match," two 35mm film canisters filled with cotton balls, a butane lighter, some commercial tinder sticks, a tube of fire paste and a waterproof container of strike-anywhere wooden kitchen matches.

Before I go any further, remember that all the kits and do-dads in the galaxy will do you little good unless you know how to use them. Practice, practice, practice. And don't practice near so much under favorable conditions as under tough ones. As Robert W. Service said: "Hear the challenge. Learn the lesson. Pay the cost."

I operated extensively in various desert locales across northern Saudi Arabia and Kuwait, and I found that no area was devoid of materials which could be used in fire building. Grasses, scrub brush and camel dung were all fairly common. Anyone with some basic survival training could have built a fire out there. The three levels of materials needed for fire building — timber, kindling and fuel — were always present in one form or another. Granted, you may not be able to create a tremendous blaze, but a fire was always possible. And with a properly stocked fire kit, one could find fire building relatively easy.

One day I watched one of my Marines attempt to get a fire started using twigs from some nearby scrub brush, dried camel dung and a pack of matches. He would strike a match and put it to a chunk of dung, the surface of which would barely light when he would pile some twigs on top. Out would go the struggling fire.

I took his matches from him and showed him where he was going wrong. First, I tore apart the fibrous dung to allow cross-flow ventilation. I discarded the green twigs he had selected and replaced them with dry, dead ones. I also acquired some larger twigs.

These three things I laid out on the ground in separate piles. After preparing the fire site, I arranged the dung and lit it with a match. It caught quickly this time because oxygen, one-third of the "fire triangle," i.e., oxygen, heat and fuel, was allowed to do its job. Once the dung was burning sufficiently, I set a few of the smaller twigs atop it and let them catch. Then I added a few more in tee-pee fashion and finally used the larger ones as fuel.

A rudimentary knowledge of survival skills can go a long way.

Food, Water — Long-term survival will require you to find food. You would be well advised, however, to remove yourself from the situation long before food becomes a necessity. In other words, get out of the predicament. Food should be a survivor's last concern. But just for argument's sake, let's say you can't remove yourself from the situation.

In southwest Asia — or anywhere for that matter — think small when it comes to food, and don't set your heart on a sizzling camel steak. Instead, set your sights on a lizard, some roots or grass, or perhaps a bird egg or two. In the desert, your priorities will probably be water and shelter. Eat what you come by regardless of its appearance or the fact that your culture dictates such things should not be consumed. If it's edible and your body could use the sustenance, EAT IT! If you are unsure of a potential food's edibility, use the 24-hour edibility or taste test (for additional information on this, consult *The SAS Survival Manual* by John Wiseman or *How To Survive On Land And Sea* by Frank and John Craighead).

During my time in southwest Asia, I found reptiles to be very common, ranging from geckos, skinks and chameleons to large, bad-tempered lizards with fully-spiked tails that the rascals

used as defensive weapons (I found this out the hard way, of course. Yeah, I'm an expert...) The Egyptian Cobra (Naja haje), if you are feeling stupid, could provide some tasty chow, but I would have to be pretty damn hungry before I took such a critter on, because they are large, aggressive and sport a powerful neurotoxin. All in all, leave the thing alone, I'd say.

I also found eggs in ground nesting bird's nests, feral dogs and cats, numerous rodents such as mice and Kangaroo rats, date palms, tender grasses, goats, camels, hoards of various beetles, and so on.

And strangely enough, water is there as well. Shortly after my unit arrived at its first position in the northern Arabian desert in mid-January, it clouded up and began to rain. And rain. And rain. It rained without intermission for three days. I'd be a liar if I said this didn't surprise me.

A fluke? No. Rain, sometimes tremendous thunderstorms and torrential downpours were common from January through mid-April. Water collected on the tops of shelters during storms and could have provided a survivor with water sufficient enough to sustain him or her until the next rain, providing they had vessels enough to contain it.

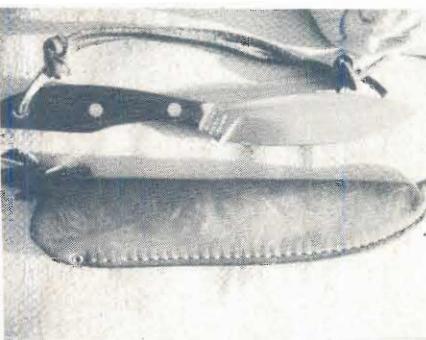
All water should be purified. Even rain water. Late in the war, as more and more oil wells were set afire and dense, acrid oil smoke filled the air, I would have taken special precautions before drinking rain water, as the pollutants it may have contained could be particularly nasty. After one violent thunderstorm, I awoke to find my tent splattered with oil stains from the contaminated raindrops, which contained sulphur dioxide, arsenic and lead.

Nomadic tribes who have been roaming the deserts of southwest Asia for forever and a day, know where the subsurface water is. Few oases are to be found in this neck of the sand. Instead, wells hold the precious liquid. Camel trails that have been in use for many centuries connect the well sites, but don't be expecting a bubbling spring and a friendly Bedouin's tent packed with a bevy of scantily-clad females. If you do happen across such a place, though, call me so that I may instruct you on how to conduct yourself in such a situation.

On cool mornings in areas where grasses are present, wrap absorbent cloths around your ankles and go for a walk. They will absorb the dew clinging to the grass.

Shelter — In sparsely vegetated areas, that survival blanket in your kit could be a bonafide lifesaver, as it may be the only item available from which you could rig a shelter to protect you from the sun and other elements.

I came across several nomad encampments during my travels over there and at each the inhabitants were living in large, light-colored tents. When on the move, they took materials with them that would allow them to make a shelter of sorts when they so desired. In the event of a sudden sandstorm, which they usually seem to know is coming, they will hunker down behind a kneeling camel with their shelter around them. The camel becomes a wall and windbreak. Improvisation.



The author's Russell-Grohmann belt knife handled all survival-related tasks well and always held an edge.

Due to the possibility of Iraqi artillery shells finding their way into our various positions, we dug down into the sand — deep — and then rigged a roof for our shelters. This requirement was no small amount of work and expended huge amounts of water and calories, something a survivor would want to avoid.

Again, I stress here the importance of removing one's self from the situation. If you can get out of a pickle you're in, you avoid the tasks of shelter building, water procurement, etc. That's what you want to shoot for. But if you must build a shelter, use common sense. Don't build it in a "wadi," which is the equivalent of an arroyo in the American southwest. A desert thunderstorm can fill a temporarily dry wadi in a matter of minutes, if not seconds. Flash floods are fine for water procurement purposes but bad for shelter building.

Travel — For those not accustomed to moving at night in the desert, travel during hours of darkness proved trying. Range and distance estimation at night, especially in the desert, can be tricky, but comes with experience and

practice.

One evening in the northern Saudi desert, a Marine new to desert night movement had to walk from his bivouac hole to his fighting hole, a distance of perhaps 40 feet. There was no moon, with the stars providing the only celestial illumination. He walked past his fighting hole, became confused when it didn't appear before him, and then began walking back towards his bivouac hole, or rather where he thought his bivouac hole was. In reality, the bearing he took was about 150 degrees off.

Come dawn, he found himself on some distant high-ground far from his unit, but which he could see in the distance. He then returned himself to his starting point, embarrassed but alive and no worse for wear.

In hot deserts, movement should be conducted at night, for the most part. Daylight hours should be spent under cover from the merciless sun. Insure a compass is in your survival kit, but in the event you lack one, you can use celestial navigation to determine cardinal bearings, dependent of course on cloud cover.

Distance estimation can be determined by keeping a pace count. Different people have different pace counts. One pace is the distance you cover in two steps over unbroken ground. You count paces by counting every time a certain foot strikes the ground. To determine how many paces it takes you to move 100 yards, simply go to a football field, and count how many times a particular foot hits the deck in that 100 yards.

When walking down hill, the length of a step generally increases. Uphill steps are shortened. Each time you go 100 yards, tie a knot in the string or cord you have fastened to yourself for that purpose.

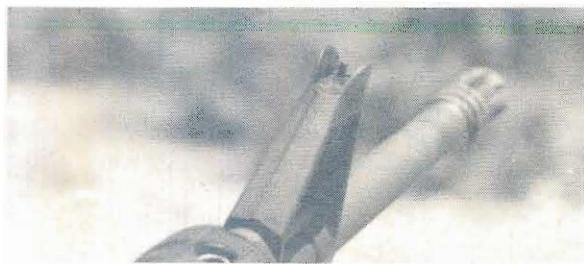
Use a walking stick to probe the ground in front of you when it is broken or visibility is reduced.

In the August '90 issue of *American Survival Guide*, I discussed the Seven Enemies of Survival: boredom & loneliness (considered one), pain, thirst, fatigue, temperature, hunger and fear. Be prepared to deal with these, as every survivor will be faced with at least one of them. Apply the Pattern For Staying Alive, i.e., use your skills in first aid, signal use, fire building, food & water procurement and shelter construction to defeat the Seven Enemies.

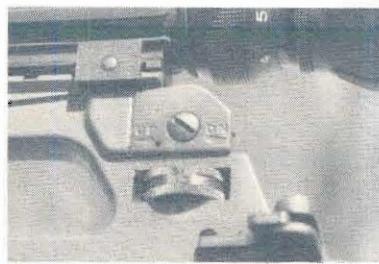
The Gulf War is now history. I wonder where and when history will again repeat itself. ●

Sporter Match Delta HBAR

(Continued from page 25)



Iron sights are standard "A2" fully adjustable type.



Hoppe's gun rest. Right away I had no trouble firing 2- and 2½-inch groups at this distance.

(Continued on page 75)



The aluminum case and accessories included with the Delta HBAR.

twist as the other "A2" Colt Sporters. The Tasco scope has an integral mount that requires no rings. It can be quickly mounted and removed and still tends to maintain close to its sight adjustment zeroing, according to Tom Uznanski.

The accessories, particularly the scope and mount, add a couple of pounds of weight, but this rifle is still easy to wield. Our test sample from Colt weighed in with empty magazine at about 10 pounds, 9 ounces, minus the sling.

Overall length of the rifle is 39 inches and barrel length is 20 inches. The Delta has the same "bird cage" type muzzle brake as the other AR-15s. Handguards are the standard metal-lined black plastic material and the overall finish is matte black. The fully adjustable metal sights are also the same as those on all M16/AR-15 A2 models, with range adjustments to 800 meters.

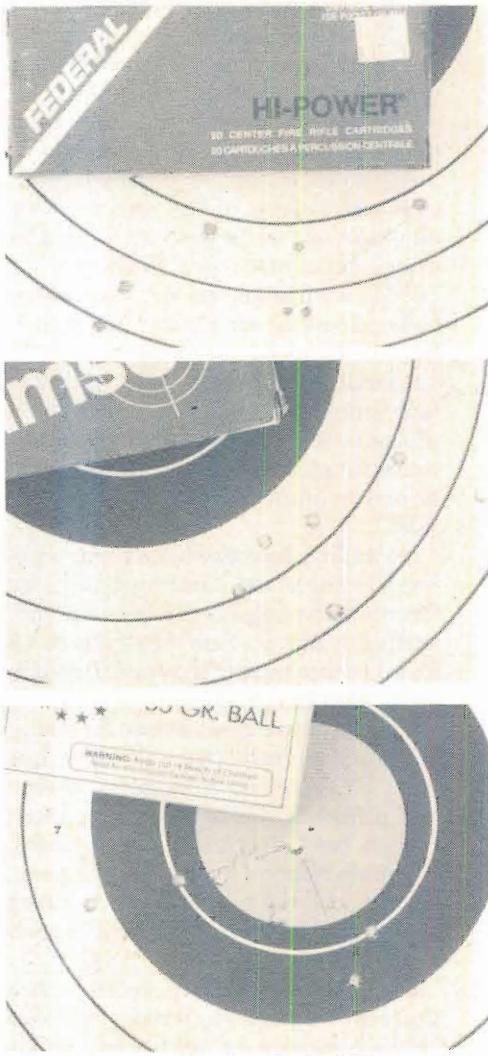
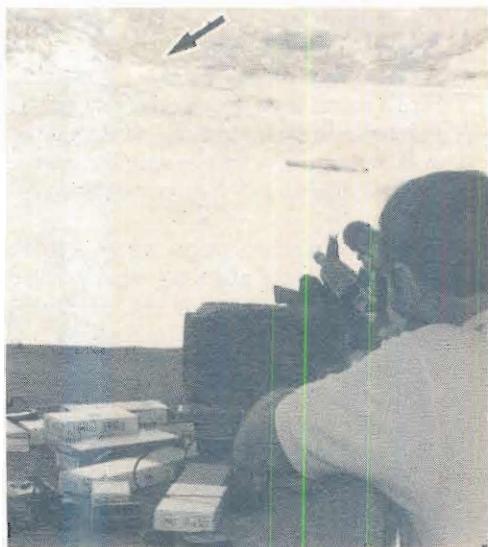
Evaluation — We test fired our Delta HBAR during two separate shooting sessions. One was at our favorite public shooting area in the mountains of southern California and the other was

at a local gun club range where we bench-rested the rifle and fired at 200-yard targets.

Initially, at the public shooting area, we test fired the Delta with USA .223 caliber 55-grain full metal jacketed ammunition at targets set up 100 yards away and using the hood of a Jeep Wrangler for a bench and a



These markings identify this rifle as the Sporter Match Delta HBAR.



The 200-yard bench shooting with the Delta HBAR and results with different ammo used. Best groups were all 3-inch.

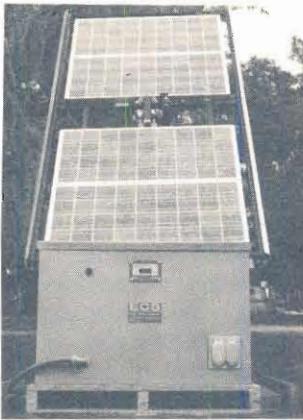
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Cholera And Typhoid

(Continued from page 18)

the vaccine are less common following the second dose. One study indicates that local side effects are far more severe when jet-injector guns are used; the study recommends that they never be used for administering this vaccine.

The second type is an oral vaccine using a live, mutated Ty21a strain of bacteria. Studies indicate that this newer vaccine should be 60 to 75 percent effective with fewer and milder side effects, including rash, nausea, vomiting, fever, abdominal cramps, diarrhea and aggravated acne. However, the discipline of the dosage is critical with the live vaccine. One capsule is taken every other day for a total of four doses. The capsules must be refrigerated and then taken with a cool (37 degrees C.) drink one hour before meal time. The capsules must not be bitten or chewed. Any departure from the regimen lowers the effectiveness of the vaccine.

Boosters for the killed vaccine are required every three years. The oral, live vaccine is renewed every five years.

Although the live vaccine is more effective and has fewer side effects, not everyone can take it: those infected by the HIV virus cannot use it, and it is not recommended for children under six. The complexities of the self dosage often defeat its effectiveness in backward areas. People with acute, febrile illness may use neither vaccine, and pregnant women must be carefully screened before using either.

Even the ready availability of vaccines does not provide the level of protection we've come to expect of modern medicine. One of typhoid's most unfortunate characteristics is that the severity of the disease is directly affected by the number of bacilli ingested. When large numbers are ingested, the onset of symptoms is swifter. A massive influx can overcome the vaccine's protection.

The standard prophylactic recommendations are little more than common sense: consult with your physician before traveling where typhoid is endemic. Wash carefully and thoroughly using a germicidal soap. Insist on pure water and carry water purification tablets.

Although it is a good idea to be prepared when traveling abroad, staying home no longer guarantees your safety. Contaminated seafood from our coastal

waters — particularly the Gulf of Mexico poses the double threat of cholera and typhoid. The poor security at our borders provides another port of entry for disease. Epidemics affecting hundreds of thousands rage through South America; over a million illegal aliens, the majority Hispanic, are apprehended annually, and many others enter the U.S., many bringing the problems of their homelands with them.

Cholera and typhoid are diseases of the poor and primitive. They thrive in the crowded, unsanitary conditions common in the third world. They flourish in the detritus of poverty. As many as five percent of all individuals infected with bacteria, including those who show no clinical signs of the disease, go on to become carriers who shed the disease from their unwashed fingertips. Poorly educated (in 1980 66.5 percent had eight years of schooling or less) and speaking little English, many new migrants — legal or not — find work in restaurants where they can easily spread disease while showing no signs of illness. In spite of medical advances, we remain as risk from the spawn of filth. ●

Typhoid Mary

Mary Mallon was a tall, silent forty-year-old Irish woman. She loved to cook and she was good at it. She served a succession of households from Maine to New Jersey.

No one paid any attention to the fact that at least one case of typhoid developed at each of these households. The proverbial luck of the Irish apparently protected Mary from suspicion. An epidemic at a nearby Army base or another person always caught the blame. At one stricken household, Mary stayed on as a nurse, earning high praise from the attending physician and a \$50 reward from the family patriarch.

Her luck ran out in 1906. Mary had been working as a cook in the large summer houses rented by middle class families. At one, six of 11 family members had come down with typhoid. When fears of continued contamination discouraged potential tenants, the infuriated landlord hired Dr. George Soper, a sanitary engineer with the New York City Department of Health, to find the cause.

Although six months had passed since the last tenants had left the house, Soper pursued his commission, growing more pessimistic as each avenue of investigation turned into a dead end. Then he happened to read a monograph by the famous Dr. Koch theorizing that an unaffected person might carry virulent bacteria.

Following this new line of thought, Soper determined that all who had fallen sick had been infected on or before August 20. Household records revealed that a new cook named Mary Mallon had been hired on August 4. Because

Mary had used a single employment agency, it was easy to trace her movements. The facts Soper uncovered verified his suspicions and Koch's theory.

Soper didn't find Mary until March, 1907. When he did, she was working in a Park Avenue home where two had fallen ill. After meeting her, the doctor noted, "She was five feet six inches tall, a blond with clear blue eyes, a healthy color and somewhat determined mouth and jaw." The doctor tried to explain the situation as delicately as possible. When Mary understood that she was being blamed for the illness of others, she attacked him with a carving fork, chasing him out of the house and into the street.

Negotiations with Mary followed although none were especially satisfactory. She showed a blind, pathological distrust of doctors. On March 19, 1907, Soper and his associates returned, bolstered with three of New York's finest, to take Mary by force if necessary. What followed required reinforcements. When the dust settled, Mary was subdued, but it had taken five policemen and a burly ambulance attendant to do it. A doctor sat on her all the way to the hospital, and someone later remarked of the drive, "It was like being in a cage with an angry lion."

For three years Mary was hospitalized and remained as intractable as ever. Explanations, pleas, reasoning failed to move her. She flatly refused to consider a career change. And when doctors told her she could continue her career once her gall bladder (where the bacteria multiply) was removed, she refused, believing the surgery was part of a plot to kill her.

Some were sympathetic. George F. O'Neill, a prominent lawyer, repeatedly tried and failed to win her release from the hospital. In 1909, in an effort to protect her identity, an article in the *Journal of American Medical Association* referred to her as "Typhoid Mary" and she became a legend.

In February, 1910, a new administration took control of New York City's Health Department, and Mary's plight evoked a sympathetic response. When Mary agreed to a career change and regular reports to the Health Department, she was released — and promptly disappeared.

Five years later Soper was called into investigate when 25 staff members at a local hospital fell ill with typhoid. He soon discovered that Mary had returned to her cooking career. Although Mary fled, authorities knew too much about her and detectives soon apprehended her taking a load of food into the house of a friend. On March 27, 1915, Mary was confined to a hospital on North Brother Island where she stayed for the rest of her life.

Considering her case, a charitable Dr. Soper intimated that she might be insane. Why else, he wondered, did she go about "spreading typhoid germs among mothers and babies and doctors and nurses like a destroying angel?" Fifty-three typhoid cases and three deaths were directly attributed to Typhoid Mary; it is believed that the actual toll was four to five times as high.

On a chilly morning, November 12, 1938, three men, three women and three young girls huddled in front pews of St. Luke's Roman Catholic Church in the Bronx for a brief funeral service. None of the mourners would give their names to a reporter who could write little more than that Mary Mallon had been laid to rest in a plain wooden coffin.

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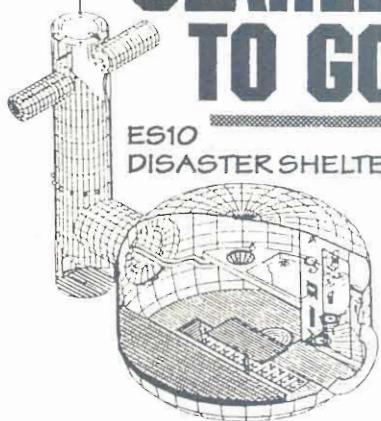
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MISCELLANEOUS

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RUVEL & CO., INC. U.S. GOVERNMENT SURPLUS — USMC Shooting Jacket OD, S-M-L-\$36.95, XL-XXL-XXXL-\$40.95. Specify Right or Left Handed. USN Leather Flyers Jacket Type G-1 or Type A-2 USAAF Leather Pilot's Jacket, Brand New, Size 36 to 48 \$21.00, Size 48 & 50 \$23.00. BDU Leaf Pattern Camouflage Jackets or Pants \$26.00, XL-\$29.00. BDU's Olive Green, White, Day Desert Camo, Urban Camouflage, Khaki, Black or Tiger Stripe Jackets or Pants \$28.50, XL-\$32.50. New M65 Army Field Jackets S, M, L, XL, OD, Leaf Camouflage, Tiger Stripe, Khaki, or Black \$52.50. New M65 Liner \$19.95. USAF/MA1 Intermediate Flyers Jacket, U.S. Mfg. Sage Green, Black or Woodland Camouflage Reverses to Blaze Orange, XS to L \$54.75 XL to XXL 20% extra. GI N3B-type Snorkel Parka Extreme Cold Weather, S, M, L \$125.00, XL to XXL 20% extra. Army Fatigue Caps with Earlaps OD or Woodland Camouflage Size 6-3/4 to 7-3/4 \$8.50. U.S. Army Current Issue Intermediate Cold Weather Sleeping Bags \$95.00. Extreme Cold Weather Sleeping Bags \$185.00. New GI 45 Auto Hip Holsters, Black \$21.90. Government Type Leather 45 Shoulder Holsters \$15.50. Current Issue GI Pistol Belts with Plastic Buckle \$12.00. GI M4 Carbine Bayonet '70 issue Plastic Handle with Sheath \$45.00. Carbine 30 rd. Mags \$6.50. GI 30 rd. Carbine Magazine Pouch Holds 4 magazines \$8.75. Two 15 rd. Mags & Belt Pouch \$5.50. Carbine Handguards M1 or M2 \$5.00. Carbine Sling and oiler \$6.00. M5 Garand Bayonet with sheath \$27.75. M14 20 rd. Mags \$11.50. M14 Cleaning Tool Set \$13.50. AR15 Cleaning Kit with Case \$12.50. New GI OD 10 Pocket Cartridge Belt \$18.95. Khaki \$23.50. M1911 .45 Auto Mags \$7.00. AR15 30 rd. Mags \$9.95. WWI .45 Double Pouch \$2.50. AR15 Nylon 30 rd. Ammo Pouch \$8.95. GI Angle Head Flashlights \$6.35. Army-Marine GI Compass, non-radioactive \$35.95. Campaign Hats 6-5/8 to 7-3/4 \$25.75. Hat cords red, blue, yellow. Officer's gold and black \$5.75. Complete listings found in 1991 Army-Navy Store 64-page catalog. Send \$2.00 (free with \$10.00 order). Prices plus delivery charge and local sales tax where applicable. Check, MasterCard, VISA accepted. Illinois residents add 7% sales tax. RUVEL & CO., INC. 4128-30 W. Belmont Avenue, Dept. ASG, Chicago, Illinois 60641 (312) 286-9494.

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HOME FALLOUT SHELTER — Complete book for building a nuclear fallout shelter inside the average home basement. Book includes all designs, step-by-step construction directions, and required material lists for building five different shelters. Send \$12.00 ppd. SMS Publishing, Box 3520, Dept. ASG, Ann Arbor, MI 48106.

SIXTY-SECOND SURVIVAL TENTS — Free-standing dome tents that go up in less than one minute! No threading poles or staking lines. Models for 2 to 5 adults. Free catalog from Trade & Preparedness Associates, 485 Eddy St. #103, San Francisco, CA 94102. Dept. ASG

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SURVIVE IN A CHEMICAL ENVIRONMENT — Basic guide to NBC survival by a former Army NBC officer \$12.00 postpaid. Dept. ASG, Patriot Publishing, PO. Box 582, Whitehall, PA 18052-0582.

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ARRIVE ALIVE — Tony Scotti's Complete counterambush-antiterrorism driving course. Here's a crash course in recognizing and escaping ambushes on the road before they become unsolvable and deadly emergencies. Action-packed footage shows high-speed turns, braking and ramming. Actual assassinations are analyzed for how the killers exploited weaknesses in security. Color, approx. 58 min. VHS only. Send \$63.95 ppd to Paladin Press, PO. Box 1307-1JIK, Boulder, CO 80306, (303) 443-7250.

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YOU HAVE THE RIGHT TO SURVIVE — Don't let anyone take that right away. We have the organization, publications and training programs you need to stay alive and free. \$2.00 for information \$20.00 for years membership. Live Free, Box 1743, Harvey, IL 60426.

WANTED PRODUCT OR SERVICE TO MARKET — By drop shipping. Please only serious inquiries. William J. Cummings, 835 Broadway Ave. 9B, Holbrook, NY 11741.

ARMY/NAVY SURPLUS — Discount prices—send \$2.00 for value pack catalog to: Weber Enterprises, 3803 Center Ave., Dept. ASG, Norco, CA 91760.

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PERSONAL DEFENSE — manuals, teargas, stunguns, and other protective devices. Defiance Security Products, 26 S. Main St., Suite 119-E, Concord, NH 03301.

ALARMED, NEVER AGAIN — as seen in June issue. Door stop alarm, for home, office or travel. Easy to carry \$9.95 plus \$3.00 postage. Money back guarantee. UNEEK ENTERPRISES, Dept. ASG, PO Box 402036, Austin, TX 78704-5576.

MILITARY SURPLUS & MORE — Large inventory, new & used. Mail \$1.00 (refundable) for price list: HUGH WADE'S, 2120 West Reelfoot Avenue, Dept. ASG, Union City, TN 38261-9732.

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SURVIVALISTS, OUTDOORSMEN, NATURALISTS — If you can't find or don't have the time to find the information that you need, then turn to us. We can answer your questions about: chemicals, fuses, blacksmithing, herbs, water, food, survival, welding, weapons, math and chemical formulas, and homesteading. We can provide plans for: windmills, silencers, bunker shelters, root cellars, methane generators, or weapons. We can supply the names and addresses of suppliers, importers, publishers, manufacturers, and many others. Give us a try. Send \$3 per inquiry (no checks) to INFORMATION, 182 Screaming Eagle Court, Aiken, SC 29801.

NUCLEAR FALLOUT SHELTERS — Expedient type. Can be constructed anywhere. Plans and drawings. Send \$7 to Johansson, PO Box 26944, San Diego, CA 92196.

SURVIVALIST DIRECTORY

THIS IS A CONFIDENTIAL listing of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addresses without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 1001 USA/World. White male, 21, looking for combat survival teacher. I'm willing to learn. I love my country and will defend it. Serious, experienced people only.

ASG 1002 Southern California. Young Marine serving overseas. Orders to California early fall. Need a place to hunt, shoot, relax, on time off. Rural family unit preferred. In exchange I offer training and experience.

ASG 1003 Los Angeles, California. I am interested in joining a survival group in my area, but will trade survival secrets with anyone interested. Planning to survive the time when daily lives are uprooted by force of nature or national breakdown or government collapse. Want replies from all except New World Order lovers, nazis, racists, gays, satanists, criminals, junkies or backyard Rambo's.

ASG 1004 Southern California. 37-year-old male interested in contacting other survivalist groups or individuals in area. Also interested in contacts with same in Pacific Northwest. Want to eventually relocate. No racists, gays or commies. Low profile a must.

ASG 1005 Torrington, Wyoming. 27-year-old male living in Wyoming. U.S. Army medic. Honorable discharge. Five year experience. Skilled in trauma cases, suture, lacerations, internal and external. Licensed EMT, LPN. Looking for a survivalist group in Idaho, Montana or Wyoming. Serious groups only.

ASG 1006 Eldon, Missouri. 33-year-old with family worried about present world situations. Interested in forming a self reliant group or networking with others. Have all the skills needed. No gays.

ASG 1007 Toronto, Canada. 29-year-old white single male, tool and die maker by trade, part-time law enforcement officer, scuba instructor and survivalist, seeks companionship from female not afraid of firearms who can take care of herself and has an open mind. All serious letters answered. I have no problem with traveling.

ASG 1008 Montreal, Canada. Paramilitary group seeking for other groups with same interest for training and correspondence in Montreal and Quebec areas. No extremists, fanatics or crazies.

ASG 1009 Muncie, Indiana. Ex-Army veteran seeking security position. Was infantryman and worked with military police. All serious replies considered. Confidential and private. Willing to train other survivalists.

ASG 1010 Southern Pennsylvania. Interested in corresponding with anyone who is an American patriot, who is alarmed at the decline of American morality, and the decay of our freedoms guaranteed us under the American Constitution. I am an unashamed flag waver. Special interests include guns, hunting, shooting, and anything military.

ASG 1011 Smoky Mountains. I am interested in corresponding with ASG readers who have knowledge to share concerning self sufficient farms, retreats, homes. We are collecting construction ideas. Members of Live Free and NRA.

ASG 1012 New Orleans, Louisiana. Average mid-class family, with Christian values. Would like to meet like-minded individuals to meet with and to discuss the possible formation of a low profile survivalist group in or near the southeast part of Louisiana or southwest Mississippi. No gays, racists or Rambo's. Just average people who wish to take care of their families through the coming times.

ASG 1013 Osceola, Orange, and Brevard Counties, Florida. Survival minded would like to form a survival team in the immediate area. Would like 15 to 20 people in group and would be glad to network with other groups for info, etc. If you're worried about

the upcoming social unrest and economic collapse, now is the time to act.

ASG 1014 Knoxville, Tennessee. Desires to contact other Libertarian survivalists in the Tennessee area. I would also like to receive information on how to open an Army/Navy Surplus store, suppliers, ideas, etc.

ASG 1015 Arlington, Virginia. End time Christian family with confederate sympathies wondering if there are any like minded people out there. We do not watch TV, put our children in school, nor do we believe America to be a Christian nation.

ASG 1016 Greenville, South Carolina. Wish to make contact with others who are always preparing for the unexpected. We would like to organize a dependable group in our area to share methods and ideas. We can all learn from one another. There is strength in numbers of like mind and purpose.

ASG 1017 USA. Just returned from Kuwait. Have a lot of catching up to do. Looking to network with any and all. Have much knowledge to share, but need to acquire more. Willing to help those just starting out. Getting out of USMC in '92 and looking to relocate family. Regular drags need not write.

ASG 1018 Metro Baltimore Area. Low profile group considered right wing, pro-gun ownership, pro-Constitution seeks like minded free thinking individuals to exchange ideas, information and share skills with in time of need. No "campers", pacifists, drags or commies need apply.

ASG 1019 Maryland. 27-year-old male, ex-MP, former police officer. Skilled in weapons, adv. fa, CPR, varied outdoor activities. Seeks communication with anyone believing in the Tri-State philosophies.

ASG 1020 Nashville, Tennessee. Active LDS family wishes to contact other members nationwide who have similar desires to prepare for what will come. Seeking an exchange of information and ideas, with plans to network. All serious inquiries will be answered.

ASG 1021 Norfolk, Virginia. 34-year-old militant man and survivalist with more than 15 solid years in the military as well as survival. I seek contacts both in and out of my area for formation of a small survival group. Looking to create an active, real information exchange program from anyone in U.S. or overseas. No restrictions on age, sex, religion. Seek singles as well as family people for group. Equipment and skills not an issue — you only need a desire to be ready for the possible disasters to come.

ASG 1022 Longwood, Florida. I am an 18-year-old white male with a survivalist cell in the surrounding area. My group prefers Christians only but will except the Amish due to their survivalist nature. Females and families welcome. Right wingers are allowed. When sending your responses please include any skills you might have.

Address response letter as follows:

American Survival Guide

ASG 0000 (Code Number, As Above)
2145 West La Palma Avenue
Anaheim, CA 92801

Your letters will be forwarded to persons listed within two days of receipt. *American Survival Guide* accepts no responsibility for loss or delay of letters. Contact letters that do not carry the appropriate code number will be discarded.

Those who wish to be added to the directory listing, please send names and addresses to *American Survival Guide*, 2145 West La Palma Avenue, Anaheim, CA 92801. The listing is free. •

American Survival Guide's Classified Advertising rate is 75 cents per word, per single insertion, including the advertiser's name, address and zip code. There is no charge for the words "Dept. ASG." Minimum charge is \$1.25 for three lines. No cash-with-order or frequency discounts are allowed. All advertisers must include name, street address or post office box number. Type or print your advertisement word for word and mail it with check or money order to **American Survival Guide, Classified Advertising, 2145 W. La Palma Ave., Anaheim, CA 92801**. ASG does not verify the validity of every classified advertisement published. ASG reserves the right to reject any and all advertising deemed inappropriate for the magazine.

Legal Confiscation

King George's crime bill, justified as crime control, reveals the New World Order (NWO) for what it is — destruction of the U.S. Constitution by first emphasising illegal home searches and gun seizures, followed by governmental actions against citizens later, now considered too risky. King George proposes limitations upon the exclusionary rule, which now says evidence seized in violation of the 4th Amendment cannot be used in a criminal prosecution, and requires a search warrant obtained by "due process" demonstrating a good faith "probable cause." The rule has worked well and is the most effective deterrent to police misconduct. King George wants to drop the warrant whenever the police have a good faith belief that their "conduct" is constitutional, or worse, whenever their search may reveal guns that will serve as evidence. They then could knock down doors, conduct random or house to house searches without warrants and without penalties for misconduct. For you doubters of the conspiratorial aspects of the NWO, and for those who do not recognize that public policy originates in the multi-national corporate board rooms, far left tax-exempt foundations, and "think tanks" and is then rubber stamped by Congress, I offer the following evidence. To bring in the NWO (corporate slavery), first, personal disarmament followed by military disarmament are to be completed in three phases. We are in the civilian or first phases now, to be concluded with all the world's military transferred to the U.N. World Government, eliminating national sovereignty and individual freedom. Absurd? At your local library look in Vol. 9, Title 22, pages 454-8 of the U.S. Code and read Public Law 86-297. Also ask for State Department Document 7277 and Public Law 86-380. Make your awareness of the above known to state and national representatives as well as friends in local police, National Guard and Army Reserve for they will be the ones ordered to suspend your liberty and enforce your enslavement through a "declaration of emergency" by the president.

Al Elliott
Valley Center, California

Congressional Lies

To pass the Brady bill, Congressman Feighan admitted he had made false statements (I call them lies) to both Congress and the American people. In

MAIL CALL

doing this he violated the Constitution, his oath of office to uphold the Constitution, and then conspired with others to deceive the people of the United States of America and deny them their constitutional rights as free people. He, Feighan, has stated on the Ted Koppel (*Nightline*) show that this is just the beginning toward their goal. Their goal is the total elimination of your freedom to live as free men and women. This they cannot do until they have eliminated your self defense protective firearms in violation of our constitutional rights that were given to us by our Founding Fathers. Wake up, open your eyes, clean out your ears, get your brain in gear. Think, if your freedoms are lost what will your children and their children have to live for! Talk and write your politicians. Let them know in a nice but no uncertain manner where you stand and what you expect from them. If they fail to deliver, they can be looking for a new job after the next election. Support only those who support the Constitution. California is now being organized into a gigantic telephone and fax pyramid covering the entire state so that information can be gathered rapidly and dispersed equally fast. To those of you interested in the pyramid for either your own state or for California, please send your name, fax number, telephone number (if answering machine), city, county, state, and zip to: Tele-Fax, 2351 Marsh Court, Santa Rosa, CA 95403-8907. This telephone and fax pyramid has been sanctioned by a major pro-gun group as part of their grassroots program.

James H. Marquis
Benefactor Member of N.R.A.
Santa Rosa, California

Bill of Rights

Ever since the dawn of time the individual has been fighting with governments or whomever is in the authority for his rights. It would seem in 1215 A.D. the feudal serfs finally obtained the recognition of some of these rights. Following the Magna Carta in 1215 came the reinforcement of these rights with the Petition of Rights and eventually the Declaration of Rights. The colonists drew upon the

English heritage of the aforementioned documents to form our Bill of Rights and formally accepted them in 1791. While the Bill of Rights are laws and can be changed through the political system, the original colonists did not intend for any of these rights to be changed or modified. These rights are the basic rights given to the individual by God and no one can usurp them — especially a politician. The Constitution and the Bill of Rights do not grant any of these rights, they merely recognize them as the basic God-given rights granted to all people by natural law. All rights existed prior to the adoption of the Constitution and the Declaration of Independence. The threat against the Second Amendment is but the beginning. If the right to own firearms falls, it will be a short time before the other rights fall and the Bill of Rights becomes the "Bill of Privileges." Starting with the fallacy that arms are no longer needed and should be done away with, Big Brother may move to state freedom of speech was not intended for television or radio because they did not exist in 1791. Moving further all religious shows on television could be banned because freedom of religion is for the church house only. Government is already moving toward "certain illegal seized evidence can be admitted" against the accused. The politician of today is more of a threat to this country than any foreign nation on the face of the earth. The Bill of Rights, especially the Second Amendment, provides for defense against a tyrannical government. Thus, when government fears its own armed populace perhaps then it is time for the populace to fear the government. Will the final epitaph read "Bill of Rights 1791 — 1991?"

Gerald LeBreton
Metairie, Louisiana

Answer to Crime

In our haste to find a solution to the "crime problem" we sometimes do not look deep enough to find a bottom line problem. We must realize that, for the most part, the problems we are having with crime and illegal drugs are secondary problems. More and more people are choosing crime over an honest living despite the increase in crime

prevention devices, guards and stringent laws. Our country now has the highest incarceration rate. The answer is not to put more people in jail nor to have more stringent laws, when less stringent laws worked in the past. We need to increase the opportunity side. The manner in which the U.S. government inflates the dollar is a major factor in the discrepancy of wealth because inflation is a subtle way to decrease the savings and earning of the working class and retirees and gives more power to the government and the banks that issue securities. These people have the first use of newly released money before it is dispersed into the general population, therefore it is worth more in buying power. America once was a land of opportunity where one could start at the bottom and with enough hard work, could climb to the top. Today it's much more difficult. The heavy, heavy burden of taxes, regulations, red tape and government intervention has killed the honest incentives for acquiring wealth and private property. Why work harder if that money will be taken from you and handed out to someone else? Why save money if that money is eroded by government induced inflation and more taxes? The crime bill should be scrapped in favor of an approach that will bring more freedom instead of more control.

Glenn L. Howard
Silver Spring, Maryland

Toilet Paper Making?

I enjoyed your March '91 article on making soap. It was very informative. But, how come no one has ever tackled the problem of making usable toilet paper out in a primitive setting? If you think that having toilet paper is any less a survival necessity as soap, then try doing without it. Nowhere in any book on survival under any condition — Pacific Islanders, Eskimos, American Indians, jungle dwellers, early American pioneers — nowhere is it ever discussed. Why not?

William Collom
Odessa, Texas

Good question! Before the Sears catalog was invented what did people use? We suspect they used the handiest natural materials around like large leaves or wads of pine needles — definitely not the pillow softness that we're used to. If anyone has the answers maybe they could help us put together an article on this lowly but very important topic. •

Compact 25 (Continued from page 38)



Disassembly is accomplished by depressing the take down button (top rear of receiver) with a drift or similar object, pulling the slide rearward and lifting it off the frame and barrel.



The PSP-25, top, compared with the Compact 25.

one-year warranty for materials and workmanship.

At our public shooting range we found the Compact 25 performed well, with only one or two jams during test firing the UMC and American Eagle brand .25 ACP ammo. These were failures to extract the spent casings after firing and a quick racking of the slide in each instance cleared the gun and chambered a new round. This problem could be attributed to the newness of the gun. It's best to run a few hundred rounds through a gun like this to properly break it in, something we did not do before test shooting.

At any rate, we found the Compact 25 is basically reliable and accurate. Firing offhand at targets placed from about 10 to 20 yards away we were well satisfied with the accuracy of this little gun. Sights are a simple fixed front blade and rear notch arrangement. Quite adequate for the type of shooting you will be doing with this type



The magazine is listed as holding 5 rounds, but during test shooting 6 rounds were repeatedly loaded in it with no problems.

of gun. Shooting fairly quickly at a Lock & Load Omega One armed man target from 20 yards away we placed most of our shots in the chest area where we were aiming (see photo on page 20 of this issue). This gun should perform well in the hands of a skilled and practiced user.

In summary, we find the Compact 25 to be a very attractive little personal defense weapon. Other than the limitations of the .25 ACP cartridge — in terms of stopping power — and the possible difficulties some people with big hands might have in using this little gun, the Compact 25 has a lot going for it: strength, accuracy, concealability and reliability all add up to a great value for the price. For more information see your gun dealer or contact Iver Johnson Arms, Dept. ASG, 2202 Redmond Road, Jacksonville, AR 72076; (501) 982-1633. •

We The People Wake Up!

"Man did not enter into society to become worse than he was before, nor to have fewer rights than he had before, but to HAVE THOSE RIGHTS BETTER SECURED" — Thomas Paine, The Rights of Man (1971)

"A right is worth fighting for only when it can be put into operation" — Woodrow Wilson, Address, (1910)

"They have rights who dare maintain them" — James Russell Lowell (1844)

IF you are a regular reader of ASG, you are no doubt familiar with the articles, editorials, and letters that have been appearing about our right to own, carry, and, when necessary, use arms.

One point has been driven home over and over, and that is that we Americans have a solemn duty to preserve, protect, and defend our Constitution. If we can read, write, think and speak, then it is incumbent upon us to *take the time and make the effort to study our own history.*

This trust was given to us by our nation's founders who spilled their blood to make and keep this land free. We must study the Constitution, Bill of Rights, related documents, the words of our wise founders, and the historical context in which the what, why, and where of all they did to create this great country occurred.

Why? Because most of us are full of Public Educational Programmed Socialist Ignorance (P.E.P.S.I.), and so know precious little about the true nature of what our national character is supposed to be. After all, how can you preserve, protect and defend that which you do not truly understand?

This evil genius instituted brutal Marxist totalitarianism in the name of The People. Did he pull a fast one or what? Are we wise enough not to allow it in America, under any pretext?

This premeditated programmed ignorance exists because the totalitarians in our society hate America and all She stands for. They hate our Constitution and Bill of Rights, and are working overtime from within to destroy the sacred charter upon which our civilization is built. And they depend on our ignorance, divided ranks, and non-participation to carry out their nefarious plans.

Example. In 1989, California State Senator David Roberti and Assemblyman Mike Roos came up with a bill that gun-rights advocates regard as the paradigm of slime — the *Roberti/Roos Assault Weapons Control Act of 1989*. In the name of "public safety," this bill was conceived in tyranny and oppression to steal the rights of thousands upon thousands of benign, peace-loving gun owners. When Roos was debating his bill on a late-night Northern California television talk show (*Night Focus*, 2/11/89), the moderator brought up the constitutionality of such a ban. Captured on videotape, Roos gave this verbatim response:

"Listen, you're seeing a prairie-fire of protest out there, whose, uh, people in municipalities who are saying '*The hell with the Constitution*, we've got to do something to bring sanity back to our communities'"

Read that again, fellow Americans. Let it sink in. That is an elected official framing those words with his lips. Compare that to his sworn oath of office:

"I, Mike Roos, do solemnly swear that I will support and defend the Constitution of the United States... against all enemies, foreign and domestic; that I will bear true faith and allegiance to the Constitution of the United States..."

Is his *Night Focus* comment a demonstration of true faith and allegiance to the Constitution and to We The People? Judge for yourself. Since he used this incredible argument to justify the creation and passage of his bill, Roos apparently sponsored his constitutionally suspect law to represent the "hell

An open letter to Americans...



with the Constitution" crowd. To them the Constitution represents chains that keep them bound and limits their power to create mischief. That is why they curse it!

A wiser man than all of them put together summed it up with these words:

"In questions of power let no more be heard of confidence in man, but bind him down from mischief by the chains of the Constitution"
— Thomas Jefferson, Kentucky Resolutions

Bind who down? The legislator, the politician who would try to pass laws that steal rights from We The People. No *confidence* is to be given to *any person* where subverting the Constitution or Bill of Rights is concerned. Anyone who tries is to be marked by infamy and bound by chains. Marked and bound by *who*? We The People.

These power-mad politicians, from both major *parties*, can properly be called *policrats*. *Policrats* are shrewd, conniving office-holders who manipulate people and issues to serve not We The People, but their own selfish ends. To them one of the most hated and feared words in the dictionary is the "A" word, *accountability*. But up to now they've *had* little to worry about, with over 90 percent of congressional incumbents re-elected each year. Their malfeasance *has* gone unanswered and unpunished, because we have not bound them.

So how do we make them account for feeding on the meat and bones of their countrymen, like the voracious wolves Jefferson feared they would become? Well, we need another choice on the ballot for each office, the vote of *no confidence*.

Briefly, if an incumbent gets more "no confidence" votes than "yes" votes, he or she is *removed from office* and a new election is called. Or, in the case of a vacant seat, anyone receiving more "no confidence" votes than "yes" votes will still lose the election, even if they beat their opponent. This way we won't have to settle for just the lesser of two or more evils. Can you imagine how carefully politicians will tiptoe before We The People with such a provision on the ballot? Can't you just see all the citizens who have stopped voting because of disgust at having no real choice, suddenly flood the polls to turn the scoundrels out with votes of *NO CONFIDENCE*? Don't be fooled by the apparent simplicity — this plan is powerful. It is the sure-fire way to reach out, grab the self-seeking and unworthy *policrats*, and remove them directly with the long arm of We The

People!

Sovereignty To Slavery — Our Republic was designed so that The People were sovereign and the government was our servant, kept in check by chains that specifically *limit* powers.

These chains of the Constitution are exemplified by the first 10 amendments, the Bill of Rights, like 10 links of a mighty shackle that bind a tyrannical, fearfully powerful government and prevent it from taking control of We The People. That is why the totalitarians in our midst hate not only the Constitution, but those who uphold it.

"We the people are the rightful masters, both of Congress and the courts, not to overthrow the Constitution, but to *overthrow the men* who pervert the Constitution" — Abraham Lincoln

In this day, the mention of a "servant" government brings bitter laughter from those of us who have felt the sting of bureaucrat's lash meant to whip us back in line. These lovers of power and privilege want to continue to steal our rightful authority to create their little illegitimate kingdoms, with themselves elevated as powerful rulers, and We The People reduced to slavery and servitude. To do this they must break the chains that control them, and the final and strongest link that empowers The People is the Second Amendment. This is why the totalitarians want to *eviscerate* it, and that is why we must not let them, period.

As a germane aside, during the same aforementioned debate, Roos stated that his "weapons control" bill was crafted with the help of the chief of police of Los Angeles, one Daryl Gates!

Complaining about how the videotaped beating of Rodney King has stirred public anger at the entire L.A. Police Department, and even police power nationwide, Gates said:

"Suddenly, the tables are turned by one incident, and, unfortunately, we are painting 8,300 additional officers with this broad brush" — *S.F. Chronicle*, 3/8/91.

Hmmm, sounds familiar. Wasn't there a media-manufactured hysteria generated over the acts of a deranged drifter named Patrick Purdy, who should have been in prison, who should have been denied the right to buy any kind of firearm based on his police record and known mental condition, but who killed five little children in a Stockton schoolyard in January of 1989? Weren't the over 300,000 innocent, law-abiding "assault weapon"

owners tarred with the schoolyard-murderer-maniac-gun-nut brush? Yes, suddenly the tables are turned, and how does it feel, Daryl Gates?

Our Republic was not designed to be "of the police, by the police, for the police." But if We The People *allow ourselves* to be disarmed, we will have a police state where the local "Brownshirts" will happily beat the scat out of you at their pleasure. What happened to Rodney King can happen to all of us. No matter our race, and it will happen if we ignore the warning signs all around us.

Don't forget how Hitler organized a group of thugs called Brownshirts (storm troopers), who infiltrated the local police departments and proceeded to beat up and murder opponents. In this way the German citizens were quickly terrorized into giving up their civil liberties and Germany became a Police State.

"We have put a stop to the idea that it is a part of everybody's civil rights to say whatever he pleases" — Adolf Hitler, February 22, 1942

There was hell to pay before it was all over.

You think it can't happen here? To that I have only one thing to say — **WAKE UP, NAIVETE!** We're not mysteriously protected somehow just because we're Americans. Drive that herd mentality sheep-thought from your mind. We're protected only because our Bill of Rights is still some what in operation.

Though our Second Amendment rights are in fact infringed upon, sometimes grievously as in the case of New York, New Jersey, and wacko Washington, D.C., we are still free enough to fight to reinstate reason and truth. Our candle of liberty has gone frighteningly dim, but if each of you reading this article cares enough to educate yourself and get actively involved, we can seize the hour and drive the quislings back under the rocks they crawled out from.

So just what is a quisling? Look it up in the dictionary. It is a word that is not bandied about much anymore, probably because so many intellectuals, media-types, and *policrat* "Americans" quibble like the rest of us breathe air. They don't want the definition widely known because it will strip off their masks and make them void of concealment and disguise. We will then see them as they are: anti-American photophobes who scamper away from Liberty's light like so many cockroaches.

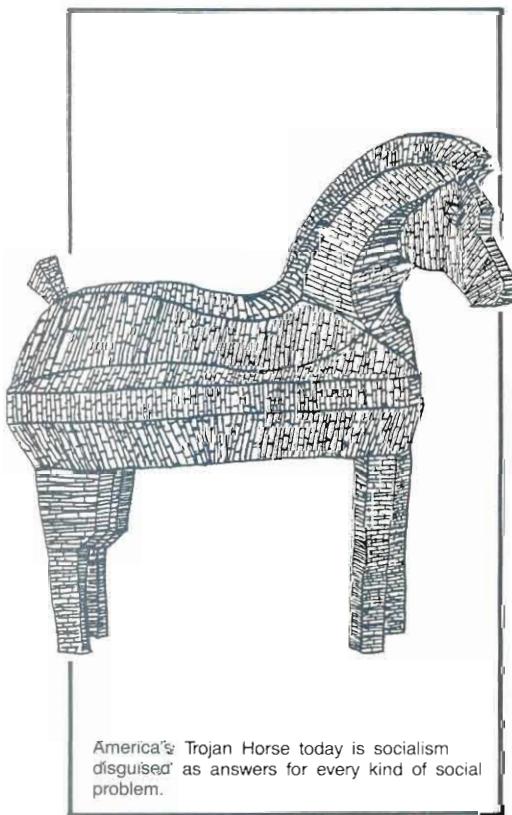
Enemy Strategy — Nations can be

We The People Wake Up!

and many times are taken over from *within*. Did you ever hear of the Trojan Horse? In the *Iliad*, the Greek poet Homer writes about Greece's war with Troy. The Greeks cannot prevail because of the high stone wall surrounding Troy. After a long standoff, the clever and resourceful Greek commander Odysseus devises a plan to build a giant wooden horse with soldiers hidden inside of it. They leave it for the Troy soldiers to find, which they do and bring it inside their otherwise impregnable city. This "gift" spells their doom, as the hidden soldiers come out at night and let the Greek army in to destroy the city and win the war.

From this story and Laocoön's words came the saying "beware of Greeks bearing gifts." A modern pro-gun patriot version might read "beware of commie-libs and fascists passing *any kind of legislation* that affects the Bill of Rights." It is a gift they say, to free you from social ills, but it is really a Trojan Horse quislingism to destroy our Republic from within.

Before we go into the word history of quisling, let us look at the word traitor. It comes from the Latin *traditio*, "a handing over," and signifies something of vital worth being "handed over" to the enemy.



America's Trojan Horse today is socialism disguised as answers for every kind of social problem.

Word history time. The word quisling comes from one Major Vidkun Quisling, a Norwegian army officer who collaborated with the Nazi invaders of his country during WWII. After he met with Hitler and "handed over" Norway, he was elevated to figurehead leader in the puppet government set up by German occupation forces. The citizens of Norway were especially infuriated by his infusing of *national socialism* into the nation's schools and other institutions. (Sound familiar?)

When Hitler was defeated Quisling was caught, tried, found guilty of treason, and made a one-time-only cameo appearance before a firing squad. Since then his last name dropped its capital, became lower case, and is now the word for traitor. The verb quisile means "to serve or act as a traitor," and quislingism refers to the spreading of the political philosophy of treason.

To pass a law in clear defiance of any of the provisions of the Bill of Rights, and to thereby make those sacred provisions of no effect, is to pervert and undermine the Constitution, as Mr. Lincoln would say. To set up or superimpose another form of government under the pretext of "public safety" is the very essence of quislingism, and should not, nay, *must* not be tolerated by the honest citizenry of this Republic. Great American leaders from Jefferson to Lincoln and many others have encouraged us to *overthrow* such constitutional perverters, and we can do it peaceably with the "NO CONFIDENCE" option included on every ballot.

I close with these quintessential quotations as food for thought. (Emphasis and brackets where added mine.)

"Totalitarianism: Domination by a government of ALL (emphasis added) political, social and economic activities in a nation. Totalitarianism is a phenomenon of the twentieth century: earlier forms of despotism and autocracy lacked the technical capacity to control every aspect of life. The term is applied to both fascist governments and to many (all) forms of communism" — The Dictionary of Cultural Literacy, 1988

"Communism is the death of the soul. It is the organization of total conformity — in short, of tyranny — and it is committed to making tyranny universal" — Adlai Stevenson, 1952

"Fascism is a dictatorship, and a dictatorship is an authority possessing irresponsible power..." — Charles A. Beard

"There is room here for only 100 percent Americanism" — Teddy Roosevelt, Speech at Saratoga

"In reality, when you come right down to it, there are only three modern-day choices for American government: Communist Socialism (leftist totalitarians), Fascist Socialism (rightist totalitarians), and what Teddy Roosevelt called '100 percent Americanism.' Of the three, Americanism as defined by the Constitution and Bill of Rights and not vitiated by Socialism, represents the only genuine way of freedom for humanity. But, the people must be wise, responsible and exercise self-control if they truly want to be self-governing. This is the sole path to liberty that is true beyond question" — Harold Oliver Fensterwald

"The Constitution . . . is considered one of the most readable and clearly stated documents ever written. A great deal of thought went into the exact wording of the Constitution. It was meant to be easily understood and leave no room for mistaken ideas about what it contained.

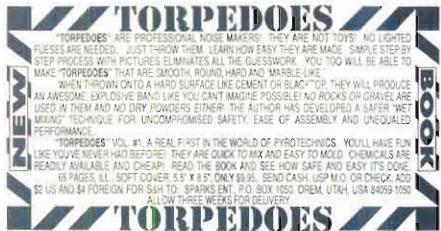
"To be ignorant of the Constitution is to be ignorant of all the things your country is . . . and of the truths its people have believed to be above all others in the relationships between human beings and government. In order to truly enjoy, appreciate, and protect what you have as a citizen of the United States, you must be aware of what is found in your Constitution" — Floyd G. Cullop

Do you love this sweet land of liberty, really? Then erase your Public Educational Programmed Socialist Ignorance. Study the Declaration of Independence, Constitution, Bill of Rights, and natal American history as told by patriots of the time. They participated in and understood the government they had created, and expected us to also. Open your eyes to what our country is really supposed to be all about. Breathe in their words and love of liberty, then insist that your legislators observe *to the letter* our wonderful and special republican form of government.

Get actively involved and take part, or too soon We The People will be disenfranchised, and this fragile thing of beauty we love so much will perish from the earth, only to be a sad memory of freedoms lost.

"I didn't know I was a slave until I found out I couldn't do the things I wanted." — Frederick Douglass, Narrative, 1845

Follow-Up Action Plan — For a revealing copy of your U.S. Constitution and Bill of Rights, the Communist Manifesto, a newsletter, and instructions telling how you can help amend your State Constitution to stipulate that the "NO CONFIDENCE" choice be included in every election, please send \$3.50 to cover costs to: We The People, Wake Up! P.O. Box 1118, Redwood City, CA 94064. ●



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Giveaway No. 1: KY Man Wins Carbine

Knives, backpack,
videos also won...



Staff Report

A 26-year-old sales clerk from Kentucky was the top prize winner in ASG's 1991 Giveaway No. 1 contest. Mike Bruner of Bowling Green won the Feather Industries AT-9 9 millimeter semiautomatic carbine and accessories valued at \$600.

Prize No. 2, the Fox Model 615 fighting/utility knife, was won by William Bissex or Norwood, Pennsylvania.

The Wraith outdoor knife from The Savage Edge, Prize No. 3, was won by Richard Williams of St. Louis, Missouri.

Betty Price of Brooklyn, New York, won Prize No. 4, the Executive Backpack 72-hour emergency kit from NITRO-PAK Preparedness Center.

Karen Parks of Harahan, Louisiana, and Edwin Thomas of Dallas, Texas, each won the video tape *Outdoor Survival: SAS Survival Techniques* from Special Productions, Prizes No. 5,6.

The Winners of ASG's 1991 Giveaway No. 2 have been drawn and will be announced in an upcoming issue. See this issue, pages 52,53, for details on how to enter our 1991 Giveaway No. 3 contest. ●

Sporter Match Delta HBAR

(Continued from page 64)

Later, at the gun club range, after my first shots did not pattern as well as I wanted, I paid more attention to providing a steady base for the rifle, using the Hoppe's gun rest, a carpeted wood block and a towel. This arrangement enabled me to considerably tighten up my shot spread at the 200-yard distance.

The scope provides a bright sight picture and aligning the 30-30 style reticle with the target is much easier than with other scope cross-hairs I've used.

At the 200-yard targets I fired the USA 55-grain ball ammo, along with some Samson 55-grain full metal jacket ammo and some Federal Hi-Power .223 Match ammo. This latter stuff has 69-grain Sierra boat-tail hollow point bullets. I fired two 5-shot groups of each type of ammunition at different targets at 200 yards. My closest 5 shots for each target were consistently 3-inch groups. All of the ammo shot pretty well. The heavier Federal stuff, as would be expected, printed lower on the targets from point of aim than the other ammo.

Some Delta HBAR owners have reported to Colt that with custom hand-loaded ammunition they have developed for these rifles, groups as small as 3/8-inch at 200 yards have been obtained.

All test firing during both sessions was done with no malfunctions of any type experienced by test shooters. I found the cheek piece to be very helpful in enabling me to sight comfortably with the scope. It's really needed due to the straight comb on the stock of this rifle. It can be removed for use of the iron sights.

The suggested retail price for the Delta HBAR is \$1,495.95, admittedly rather high for an AR-15, but then you are getting a super-accurate AR-15 heavy barrel with excellent rugged scope and mount along with the other very desirable accessories.

In other words, you are buying a unique rifle package from one of the world's most respected firearms makers designed to provide unequalled accuracy, reliability and comfort for the shooting professional or enthusiast.

In terms of quality and performance, the Sporter Match Delta HBAR is in a class by itself. ●

Rust Bo Defense

A new riot control, self defense and fitness training device...

By Muriel Linder

FIVE years ago, Jesse Rust, a Deputy Sheriff from central Oregon was under conviction; the conviction that a need for a self-defense device, an alternative to his firearm was evident.

He was convinced of a need for a device more formidable than the conventional short baton, or side handle baton. A device that would inspire both fear and awe in an adversary.

During a drug raid, some months before, Rust and his partner found themselves in a life-threatening situation. Firing their handguns seemed to be their only option.

Afterward, Rust was troubled by his inability to defend himself and his partner in a less violent manner. He was convinced of a need for a different type of weapon, something that was less deadly, but still able to incapacitate an adversary.

When Rust retired, he devoted all his time and energy toward developing just such an implement. His invention, the "Rust Bo," and his expertise in training a select few individuals as instructors, has the potential to revolutionize military and police procedures.

Rust's invention is a riot control, self defense, and fitness training device all in one. The adult's (Triad) model is 52 inches (\$94.10 + S&H) in length with two off-set handles 5½-inches long. It is a self-defense device of maximum strength, durability, and versatility. It breaks down into two single side handle batons and/or a no-handle kubaton. Constructed of heavy gauge aircraft aluminum, the Rust Bo is light weight, but has proven to be strong enough to withstand any abuse given it by a law officer defending himself. There is also a standard Rust Bo — also 52 inches — which does not break down (\$69.50 + S&H).

For those big guys, or gals, with long arms, the Rust Bo may be custom made to your arm measurement — from under arm to center of palm. This



Block an aggressor's strike and following through with a strike to the side of the head.

assures the user of maximum dexterity in his operation of the Bo. An arm measurement is also necessary to custom order a juvenile sized Bo. Each Rust Bo comes with a full training manual.

What makes the Rust Bo unique is the ability of the user to rotate and swing the device at an incredible rate of speed. The speed is derived from the placement of the handles at strategic points of leverage on the shaft. The Rust Bo positions the user's hands in a manner that enables him to operate the device at a tremendous speed. Manipulated at speeds exceeding 60 mph in the path of agitated demonstrators, it will soon clear the area! The Bo has been officially clocked at 67 mph!

A combination of the side handle baton and staff, the Bo is three times more powerful than either device alone. It has been used to forcefully remove a resistant person from a vehicle. A windshield, or a side window, and even a 1/2-inch thickness of plywood will not stop the Bo.

Designed for use by Law Enforcement Officers, the Rust Bo is the ultimate riot control device.

Rust has also trained instructors in the Army National Guard, and they, in turn, are conducting training sessions with the Bo and plan to maintain an elite drill team with the Rust Bo for riot and mob control. They have found that when using the Bo, fewer people are required to keep demonstrators peaceful.

In many fields of endeavor, it has been proven that the more you practice the more accomplished you become. And this holds true with the Bo. Rust, and his instructors, recommend that in order to maintain maximum speed and performance you must adhere to a regular workout schedule. They recommend every other day, or at least three times a week. At this date, they have developed over 300 maneuvers — strikes, jabs, blocks, etc. — that can be performed with the Bo.

In his basic form training course, Rust teaches his students how to defend themselves against multiple attackers



by using the Bo to block and strike an adversary. Through practice, they learn to put multiple movements together while controlling the Bo.

From basic form, Rust takes his students through a five level training program that may qualify them for a Black Belt in Kobudo — karate with a weapon. Rust, stresses however, that his instructors, and himself, will make every effort to build a training program around a student's desire, need, and ability.

Rust is presently a 3rd degree Black Belt in Kobudo karate, and several of his instructors and students have received recognition in martial art tournaments. They have won trophies in form division with the Rust Bo.

Classes in self-defense and home defense for men and women of all ages are being taught. The Rust Bo has proven its merit in building self-esteem and confidence in troubled juveniles. Rust says, "I have literally watched them come out of their shells." Bo training has been given to students as young as six years of age, and they have won trophies in Kobudo karate

tournament divisions.

Rust emphasizes the fact that women are able to defend themselves very effectively from would-be attackers in the home with this device. A loaded handgun — carefully hidden away — discovered in the hands of an inquisitive child, represents a much graver situation than a Rust Bo within easy access.

For those who simply desire a good fitness workout the Bo, with training manual, and video tapes are excellent tools for a great self-improvement program. By following the warm-up and the single routines designated, you could easily pre-empt or make an excellent addition to any present work-out schedule.

During training sessions the Bo is padded with pipe insulation to protect the trainee against accidental injury.

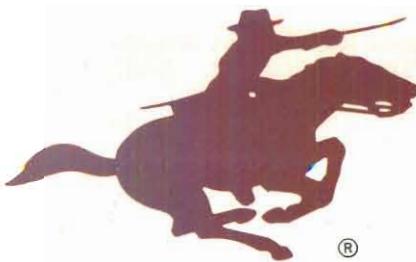
Currently, the Rust Bo is being manufactured in two models, a one piece unit, and a break-down unit. The latter, when broken down, may be used as two side handle batons and requires less storage room lengthwise. Nevertheless, the single unit, or non-breakdown

model, will fit across the cage of a patrol car, or the rifle rack in a pick-up.

The Rust Bo is produced by J.W. Rust Manufacturing (P.O. Box 989, Myrtle Creek, Oregon 97457; 503-863-3294), under the supervision of Jesse Rust. Each Bo is personally inspected and tested by him before shipping. Rust says, "We don't rely on flamboyant sales tactics, but we do believe in honesty and integrity. The Rust Bo sells itself through demonstration and word of mouth." The company offers price discounts for multiple purchases.

Jesse Rust, and his training coordinator, Deputy Marvin B. Gish III, are currently negotiating and expanding their sales and training contracts to include foreign markets. Rust hopes that the Bo will eventually be incorporated in the programs of all those interested in law enforcement, military, personal safety, and physical fitness. He recognized the need for an alternative device to the firearm, and his dedication to accomplish that objective has more than fulfilled the need.

Contact J.W. Rust for more information. ●



U.S. Cavalry:

Day 'N Night Gore-Tex Suit

Staff Report

The latest official desert camo colors...



EXPERIENCE in the Persian Gulf has produced the new three-color camouflage and night desert patterns. Replacing the six-color camo pattern that was used by U.S. soldiers during the Gulf War, the new official camo pattern contains only the three lightest colors of the former pattern and matches the Persian Gulf area more effectively.

The folks at U.S. Cavalry have gone beyond the BDU stage and have come up with a Gore-Tex R desert suit that

incorporates the official three-color day desert pattern on one side, and the official olive-drab grid pattern for night use on the other. The thin, miraculous layer of Gore-Tex R fabric provides breathable and windproof protection as well as a waterproof barrier that Gore-Tex is so well known for.

The suit is built with durable, convenient features including YKK zipper, snap closures, drawstring hood and waist, and access pockets on each camouflage side. Parka and trousers each stash away in their own pockets.

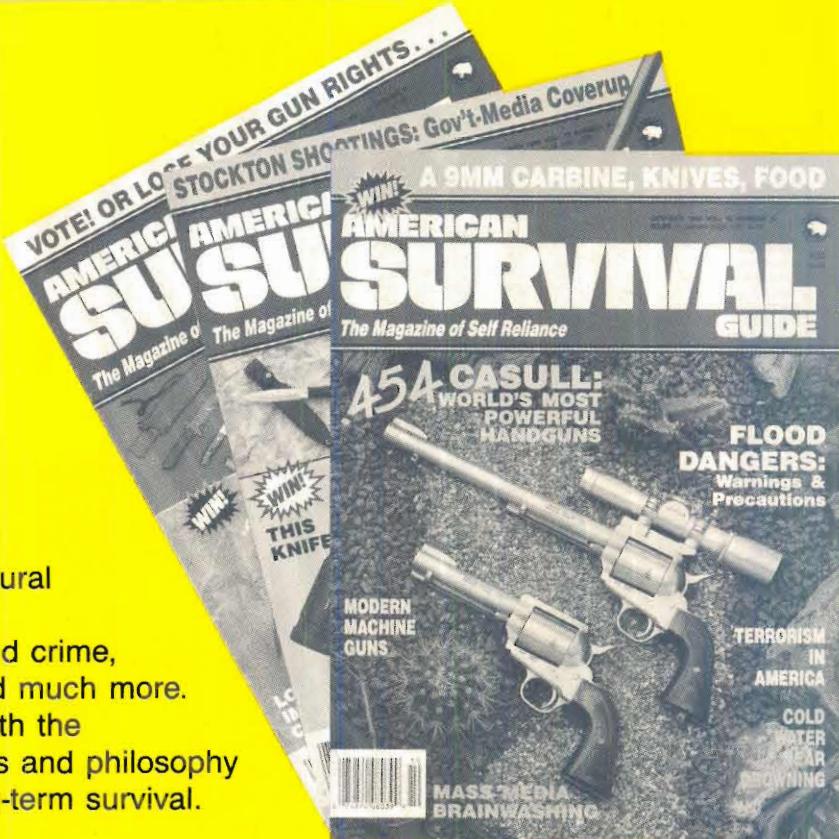
A BDU-style cap is also available in the new three-color desert pattern. The caps are made of 50 percent cotton/50 percent nylon for rugged use.

Suggested retail price for the parka is \$179.95 and \$129.95 for the trousers. The BDU cap is \$19.95. A 116 page full color catalog containing U.S. Cavalry's military and adventure clothing and equipment is available for \$3. For more information contact: U.S. Cavalry, 2855 Centennial Avenue, Dept. ASG, Radcliff, KY 40160-9000; (800) 333-5102. ●

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